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*May 20 1870*

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VALUABLE

VEGETABLE MEDICAL

**PREScriptions,**

FOR THE CURE OF ALL

NERVOUS AND PUTRID

**DISORDERS.**

The fear of the Lord prolongeth days—but the years of the wicked shall be shortened—Prov. 10. 27—not that we think to save life when death comes—for God has appointed all men once to die, and after death the judgment.

BY DOCTOR RICHARD CARTER.

PUBLISHED BY NATHANIEL LEWIS,

J. LODGE, L'HOMMEDIEU, & HAMMOND, PRINTERS—Cincinnati.

1830.

**THE UNITED STATES OF AMERICA,**

*District of Kentucky, Sec.:*



**BE IT REMEMBERED**, that heretofore, to-wit: on the 9th day of October, A. D. 1815, and in the 40th year of the Independence of the United States of America, Richard Carter of the said District, hath deposited in this office, the title of a book, the right whereof he claims as author, in the words and figures

following, to-wit:

“Valuable Vegetable Medical Prescriptions, for the cure of all Nervous and Putrid Disorders—by Doctor Richard Carter, 1815.”

In conformity to the act of Congress of the United States, entitled “An act for the encouragement of learning, by securing the copies of Maps, Charts and Books to the authors and proprietors of such copies during the times therein mentioned,” and also an act entitled “an act supplementary to an act entitled an act for the encouragement of learning, by securing the copies of Maps, Charts and Books, to the authors and proprietors of such copies during the times therein mentioned, and extending the benefits thereof to the arts of designing and engraving historical and other prints.”

**JOHN H. HANNA,**  
Clerk District of Kentucky.

## ADVERTISEMENT.

CH 288 317  
RICHARD CARTER, the son of Richard Carter, was born in the year of our Lord, 1786, July 27th, and had a sister by the name of Lynda Carter, was born February 22d, 1792. I was born on the south branch of the Potomac, and was educated in Virginia; my father was of the English descent, and my mother of the Indian. I have a family of my own, and being a stranger in this country, and much exposed, I have got a few to set down their cures, that with the help of God I have done for them: Not being a regular bred doctor, but mostly by herbs, barks, roots, &c.

As the most of this performance is intended for the poor, and such as cannot conveniently obtain the aid of physicians, at particular times, I have taken the liberty to substitute my own prescriptions, for the cure of such particular complaints, as have frequently fallen under my own observation and management.

I feel conscious of benevolent intentions, whatever be the reception of this work.

RICHARD CARTER.

## RECOMMENDATIONS.

Sarah M'Afee, on Drake's creek.—I was taken in child bed; had been in a low state a long time, and Dr. Richard Carter brought on deliverance; attended me till I recovered, more than I ever expected by a doctor. I had been under a Doctress woman twelve months.

SARAH M'AFEE.

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Rosamond Bingham, in Garrard county, Fall-Lick creek.—I was taken down with a deep consumption for about twelve months, then I was taken with a puking of blood. I then employed a Doctress woman about three weeks. I grew worse, I applied to Doctor Hunn, was under him four months. I did not mend, I ceased taking medicine from the last of March, till the first of June; still continuing vomiting blood more and more, till they all gave me out, had got my burying clothes; then this Doctor Carter came, and I mended from the very day I took the medicine from him; I am now nearly as heavy as I ever was; but before, I was nothing but skin and bones. I am now willing to declare the same, if legally called on.

ROSAMOND BINGAMON.

*Test,* JOHN BINGAMON.

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Rachel Carpenter, on the waters of Paint Lick.—I do certify, that I was taken with a misery in the pit of my stomach, and a pain in my head; that I could not rest day or night, till this doctor Richard Carter put a poultice to my ear; it broke and run through the handkerchief three or four double, likewise the pillow. He doctored me on till the misery left my stomach. I am now as well as I ever was, and when he began with me, I was out of all hopes of recovery. As far as he has practised in our neighborhood, there is no fault found.

RACHEL CARPENTER.

*Test,* SARAH M'AFEE.



Garrard county, on the north fork of Gilbert's creek. I was taken down about three years past, with a deep cold, (the menses ceased.) I was in a low state, still getting worse, with pains all through my sides and head. I was so poor and weak, that I could hardly move. I went to doctor Richard Carter, I had not taken his medicine more than a week, before I began to mend. I have not been as well as I now am for two years. I have got fat, and a wonderful appetite.

SARAH BROWN.

*Test,*

SARAH MARCHELL.

I do certify that my daughter was taken in a desperate case: I applied to a fine doctor, he gave her medicine, she grew worse, we were out of all hopes, and every one that saw her, for her breath you could smell all over the house, like carrion in comparison; she laid like a dead person for three days, and for half the night. we thought she was dying; all courses of nature had stopped. She took what the Indian Doctor, (Richard Carter) called an Indian sweat. He gave her medicine, her terms returned; she has got so that she can work a little. But it is the opinion of all that saw her, that in the course of a few hours, she would have departed from time to the eternal world. But now, she has recovered her flesh in a great measure.—Garrard county, Sugar Creek.

ELIZABETH STAFFORD.

*Test,*

WM. HENRY,

BETSEY STAFFORD.

On the Main Sugar Creek, Garrard county.—I was taken down in a state that my life was despaired of. I had first heats, and then cold chills; it turned to the fever and ague, and the first dose that I took of Richard Carter's medicine, after that I had but two light chills, and no fever. About four months all courses of nature

had stopped on me. I have fattened as much as could be expected, and feel nearly as well as ever I was in every shape.

CHARLOTTE POTTER.

*Test,*

THOMAS PARKER.

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I do certify, about five years past, I was taken down with the fever, I lingered off ever since, in a low circumstance; sometimes my stomach was gone, and at other times, I had a tolerable appetite, but weakly and pale. But since doctor Richard Carter has administered medicine, my terms have returned, and I think that I have gained thirty weight in the time, and consider myself well.

JULEY WRAY.

*Test,*

DAVID HEINES,

POLLY WRAY.

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On the waters of Back creek, Garrard county.—I was taken down in a deep consumption: I applied to a doctor in Blount county, Tennessee state, who was called a wonderful doctor, called Dr. Grant; I received no benefit. Then I applied to doctor James Maxwell, I got benefit, but no cure, until I applied to the Indian Doctor Richard Carter; then I received a perfect cure. (Thank God for his mercies.) Also my daughter was taken with a white swelling, and I expected her never to recover. The doctor above mentioned, doctored her, and she soon came to her perfect health.

JAMES MAXWELL.

*Test,*

JAMES SHACKELFORD,

WILLIAM NICHOLSON,

LUKE MOORE.

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I hereby certify, that I was taken about eighteen months past, with a pain in my breast, by an over heat in

harvest; I lingered off till I was in a low condition. I applied to doctor Kavenhou, on Stone's river, in west Tennessee: I was under him three or four months; then I met with a man that was very skilful in such cases, he recommended me to a great many things, that were allowed by the doctors to be very good; but still continued in this lingering situation, (but worse.) Then I came to Kentucky, where I got so bad, that I thought that no doctor in the world could cure me. I then applied to doctor Richard Carter: I believe he has cured me sound and well.—On the waters of Paint Lick. Garrard county, Ky.

DAVID HAYNES.

*Test,*

WILLIAM TETTERS,  
JOHN BURTON,  
THOMAS SANDERS,  
LUKE MOORE.

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My husband was taken with a white swelling on the hip, which was vastly bad; his death was expected by all that saw him; they did not think that he would live twenty-four hours. Doctor Richard Carter came and tended him; he mended greatly, to the astonishment of all the neighbors, and got sound and well in a short time; now is gone a journey. I do certify the above to be true. The 5th of April, 1812.—Back creek, Garrard county.

PATSEY LINNEY.

*Test,*

JOHN WRAY,  
JOSEPH WRAY,  
JANE WRAY,  
JULY WRAY,  
WM. WRAY,  
MARY WRAY.

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Garrard county, waters of Sugar creek.—About four years past, I was taken with risings on my legs, that run

fully half gallon; they still increased, the swelling and inflammation; that I thought they would take my life, till I applied to doctor Richard Carter, and since they have become sound and well.

ALEXANDER COLLIER.

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I do certify, that I had a cancer on my left breast, two days before I applied to doctor Richard Carter in Garrard county, Ky. it inflamed and grew to a considerable size; and the doctor in four days, got the whole body of it out, with roots of a considerable length; and in one week, had it entirely well; and performed the operation without any misery. The above cancer had run on me nine months.

BENJAMIN BOSTON.

*Test,*

HENRY BONTA.

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I do certify that I had a white swelling on my leg about twelve years past; I thought I was cured, and it did not trouble me until lately, it began to swell, and was very painful. I applied to doctor Richard Carter, in Garrard county, and in a short time he gave me ease, I think it quite well. From the way my leg was in, it must be a wonderful performance to effect a cure, after it had been of such a long standing. Given under my hand, this 20th day of August, 1811.—Pulaski county, Kentucky.

JOHN B. AUSTIN.

*Test,*

ROBERT AUSTIN,

JAMES MORRISON.

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I do certify. I had the fever last fall, I was very low, doctor Richard Carter sent me medicine, I soon came to my perfect health; then in the spring following, I was taken with the pleurisy, that my life was doubted.—The doctor above mentioned, tended on me. I now

feel nearly as well as ever I was.—On the waters of Paint Lick, Garrard county, the 15th of June, 1812.

JESSE KIRBY.

*Test,*

JAMES MORRISON,

RANY HARRIS.

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I do certify, that I had a cancer about five or six years past, on my nose, it increased fast, and spread over my face in places, till I went to doctor Richard Carter, he began to doctor me, and I think it is now sound and well, from its appearance. Given under my hand, this 29th of September, 1812.

WM. EMBRY.

*Test,*

WM. EMBRY,

MOSES SWINNEY.

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I do certify, that I had as severe convulsion fits as ever a person had to live: I would be gone for the space of an hour and a half that they could not observe breath, and a half a dozen could not open my hands, without breaking them. Doctor Richard Carter tended on me, and from last fall till now, I have been clear of them. Given under my hand, the 30th of September, 1812.—Paint Lick, Garrard county.

MARY ANN COY.

*Test,*

JACOB MAXEY,

MOSES SWINNEY,

ISAAC EMBRY.

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Garrard county, at the mouth of Paint Lick. I do certify, that I had a negro fellow, that was down with the galloping consumption, that he was past all hopes, (apparently); he coughed and spit vastly, and had to be turned in bed. Doctor Richard Carter attended him,

he mended greatly in a short time; and is now sound and well.

DAVID REYNOLDS.

*Test,*

HENRY REYNOLDS, Sr.

HENRY REYNOLDS, Jr.

I do certify, that I had a brother, that was down with the fever, that he was so low, that he appeared to be past all hopes, until doctor Richard Carter attended on him; he mended directly; got fatter than he has been for a long time. Another brother was taken down with the same complaint, he attended on him, he soon got well: I then was taken down myself with the same complaint, he attended on me; in a short time I was able to do my business. My wife was also taken down very severely with the fever, was pregnant at the same time: I applied to the doctor above mentioned, when her appetite was entirely gone; the next day after she took the medicine, her appetite returned; soon got entirely well; brought forth a fine son, and thinks it no hardship to give him praise.—Garrard county, Harmon's-lick creek.

EDWARD HOMES.

*Test,*

JOSEPH HOMES,

SARAH HOMES,

NANCY HOMES.

I do certify that my wife was down very low with the flux: I applied to a doctor, he done her no good; she was given out by every body: then I applied to doctor Richard Carter, he gave her medicine; she mended from the time she took it, till she got well. Also, five of my children took the flux, and they took of his medicine; they soon got well.—Garrard county, the mouth of Paint Lick—April 13th, 1813.

WM. LAWLESS.

*Test,* DAVID REYNOLDS.

Garrard county, Back creek.--I do certify, that my son was taken down with the fever, that I thought he would never recover. Doctor Richard Carter sent him medicine; he mended greatly to the surprise of all that saw him. Likewise, my wife was taken with the fever and approaching consumption; was at the point of death; he applied medicine to her, she soon got well, and better than she has been for a long time.

WM. HURT.

*Test,*

ALEXANDER M'Koy.

I do certify, that I had the fever, was so low that my friends all thought I would die. Doctor Richard Carter tended on me; I soon got well, &c.

ALEXANDER M'KOY.

*Test,*

HECTOR M'Koy,

KITTY M'Koy,

BENNY M'Koy.

January the 16th, 1815.—I, Nathaniel McClure, was taken with the King's Evil, about four years past; it grew very fast, about a year and a half before I applied to a doctor. I was under him five months, he gave me ease; then it grew about a year, and was very bad; then I applied to another doctor, he done me no good, still grew worse; then I applied to doctor Richard Carter, since it feels as well as ever it did; and I believe it is a sound cure; since he quit me, it is about three months. Given under my hand.

NATHANIEL M'CLURE.

*Test,*

JOHN WRAY,

JAMES FINNEL.

I do certify that my wife was taken in child bed, about fourteen months past—fifteen days after deliver-



ance, she was taken with an inflammation in the womb, and was at the point of death, (apparently)—she was so low, that if she was raised the least in the bed, she would faint as if she was dying; or if the light came near to her, it would distract her, she was often delirious; few or none, thought it would answer any purpose to apply medicine. Doctor Richard Carter attended her, she mended greatly to the surprise of all that saw her; and has been in general, better since, than she had been for many months before. I have reason to give him praise.—January 17th, 1815.

WM. RENFROE.

*Test,*

JESSE HATTER,  
NANCY STEPHENS.

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The 5th of October, 1815.—On the waters of Paint Lick, Garrard county.—I do certify, that my wife was taken the 17th of May, by wading the creek, when the menses were on her; they stopped on her, and she took violent pains all through her, and such a sick stomach, that nothing would lay on it, and as soon as she was raised the least in the bed, she would faint away as if she was dying; and all her friends expected every moment to be her last. She had three severe convulsive fits, one of them continued for the space of half an hour, that all appearance of life was gone. And doctor R. Carter attended on her and she mended greatly, to the unexpectation of all who saw her; and in about seventeen days she got about, and has mended as fast since, as the nature of the case would admit, and is as well as she has been for three years. Also authenticated by her parents.

WILLIAM OWEN,

*Test,*

SAMUEL TATEM,  
ELIZABETH TATEM.



## PREFACE.

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WE, young gentlemen, will talk about the system that strengthens the nerves, and purifies the blood: it is thou, divine Industry, queen mother of all our virtues, and of all our blessings; what is there great or good in this wide world, that springs not from thy royal bounty?

And thou, infernal Sloth, fruitful fountain of all our crimes, what is there mean or miserable in the lot of man that flows not from thy hellish malice? What was it that betrayed David (otherwise the best of kings) into the worst of crimes? Idleness. Sauntering about on the terrace of his palace, he beheld the naked beauties of the distant bathing Bathsheba; lust, adultery, and murder was the consequence. What was it that brought on a ten years war, between the Greeks and Trojans? Idleness. Young Paris, the coxcomb of Troy, having nothing to do, strolls over to the court of Menelaus, a Greek province, whose beauteous wife Helen, the black eyed queen of love, he corrupts and runs off with to Troy; a bloody war ensues, Paris is slain; his father, brothers, and myriads of wretched subjects are slaughtered; and Troy, the finest city of Asia, is reduced to ashes. What was it that hurried poor Mr. A. D. to the horrid act of suicide, which froze the blood of all who heard it? Idleness. His young wife, with all we could conceive of sweetness, tenderness and truth, in an angel form; and his three beauteous babes, were the three graces in smiling infancy. But Oh! wretched man, having nothing to do, he strolled to a tavern and card table, where he lost his all, five thousand pounds, lately settled on him by a fond father. He awakes to horror unutterable! what will become of my ruined wife, my innocent babes! Believing his torment little inferior to those of the damned, he seizes the fatal pistol, and drives the searching bullet through his brains, and flies a

shrinking ghost, to join the mournful throng: A sad sight! See here a tall young man in powder and ruffles, standing before his judges, trembling like an aspen leaf, and pale as the picture of guilt, while the crowded Court-House, every countenance filled with pity or contempt, is fixed upon him. Alas! what could have brought him to this? Idleness. His father happening to possess five hundred acres of poor land, and a few negroes, thought it would be an eternal disgrace to his family, to bring up his son (though he had many) to be a mechanic, and having no profession, trade, or habit of industry to support him, he took to horse stealing. If we had time to write, we would presently see this unhappy youth, on receiving sentence of death, bursting into sobs and cries sufficient to make us wish we had never been born.

But let us leave these accursed scenes of shame, misery and death, into which idleness never fails to bring poor deluded youths, and joyfully return to health, wealth and glory; giving good industry the praise that braces the nerves, purifies the blood, and hands down the flame of life, bright and sparkling to old age—what but rosy cheeked industry?

Let us look at that gentleman that loves the propensity of his children to be in constant action. The experience of mankind in all ages, sufficiently proves the importance of exercise of body, for establishing and preserving a good constitution; experience proves that exercise must, therefore, urge the necessity of using all proper means in forming industry, in the habits of your sons and daughters. Look around among your females and acquaintances, and see where is the greatest share of good health. Is it with the lot of the rich and luxurious, who spend much of their time in bed; who take no exercise, but that of an occasional flight in a chariot or coach? Let their pale countenance, their feeble arms and bloated flesh, answer for them. No madam, the God of nature has fixed his firm decrees, that idleness

and health shall not dwell together. Well Doctor, where are we to find health and industry? Go and see the blooming maids whirling the useful wheel, cleansing and adjusting the furniture, regulating the wardrobe, directing in the kitchen, superintending the dairy. How cheerfully does she spend the day; how sweet is her food; how soft and pleasant is her bed, when at an early hour she reclines herself to rest, not tired of inaction; her time hangs not heavy on her hands, and she seeks no party to hide her from herself; conscious of having spent the day in useful employment, she feels a sweet composure, which the idler never knew. Let these reflections suffice to prove, that industry best secures the greatest share of health. But how are you to establish this industrious disposition? It is not enough for you to say, in your daughters' hearing, industry is a fine thing; every body ought to work; idleness is shameful, and is justly followed by beggary; these are all true, but nothing is more common with the idle, than to declaim in this way. Well doctor, how then? Madam, you must set the example yourself, and diligently be employed in some valuable business; and then encourage your daughters to imitate you; how often have you been pleased to extacy, when the little creatures, even at three years old, would set down patiently, endeavoring to handle your scissors, your needle, and your thimble? how have you been amused to see her little fingers trying faithfully to work up a bit of pastry? would not this betoken the truth of your duty? You may form in your child, what habit you please: have you never seen an instance, when this favorable time for instruction was lost through slothfulness, or love of pleasure? Can you madam, lay your hand upon your breast, and in candor and truth, say you have not been remiss? What followed? the little prattler, for want of proper employment, turned her attention wholly from the business of the house, to sport at large in the field, and to indulge her, she lost the fondness for every thing.

I do not mean that misses should be constantly kept in the house, nor too closely confined to the house, (or same thing) nothing could be more pernicious to health; such conduct would subject them to vapours, hystericks, and all the train of hypochondriacal affections. The design of the argument, is to urge the propriety of introducing early into your family, habits of regularity. As soon as your daughter can perform any kind of business, fix for her regular times, and let her perform her task, duly and daily; and as often as you can do it with any shadow of truth, you will find it beneficial to give her a certain degree of praise; it is highly improper to degrade her, either publicly or privately; when exercise out of doors, or any engagement, let it be agreeable: but after they arrive at a certain age, I must insist on proper regulation of those sports, both as to time and duration, and this of course will be the mother's task. Now, what lady will neglect useful employments to play with children? And again: Your daughter is not to be exposed, for you are to take time and leisure; you may say the engagements of your family will not afford you time: pray tell me if the bringing up of children in a right manner is not of more value than riches. Suppose you are able to lay up a few more pounds when she comes to woman's state, or mistress of a family, or mother of children; will that pittance of saving be of as much consequence to her as the knowledge of business would have been? But I am not willing to grant, that any such addition will be gained. Suppose, for instance, you were willing to adopt the plan proposed: Regularly dividing the time so as to devote a certain number of hours daily, to reading and improving your daughter's mind; a certain number of hours to sewing, knitting, or spinning; a certain number of hours to the business of the kitchen or dairy, &c. Keeping her constantly with you, and instructing her as you proceed, in every branch of your engagements. For your sake, and your daughter's sake, do your duty as mothers, and you shall receive your reward.

## TO THOSE THAT HAVE ENTERED INTO A MARRIAGE STATE.

MILDNESS, cheerfulness, benevolence, affection, are the characteristics of a precious wife, and the good example she will lay before her children. But when you have the misfortune to get one of those elderly ladies, who is very peevish and ill-natured, restless, envious and unhappy—she has daughters too, and they are as much like their mothers as they can be: the thing is common; there is, as of a family temper, as there is a family likeness. An ill-natured woman, in almost every instance, will have ill-tempered children; so the plague is handed down from one generation to another. I perceive you will ask leave to excuse the poor woman, who is happy in an ill-natured husband; this is indeed a serious difficulty; but the iniquity of the man, can by no means make atonement for the fault of his wife; she may do a great deal by a strict observance of her duty. The business of the man, frequently calls him abroad, of course the mother has the best opportunity to mould the temper of her children; the same position of course, still recurs in all mothers.

In the next place, we will talk about love. Love indulged without success, sometimes produces hypochondriacal affections, hystericks, fevers, and death. Custom forbids the female to make suit to the male: whether such a custom may not be founded in error, is not my business at present to enquire; it is now so firmly established that the ladies are under the necessity of accommodating themselves to it. They should, therefore, be able at all times to govern themselves with prudence; and every thing which may have a tendency to inflame this passion, ought to be cautiously avoided. Two things I will mention as being particularly pernicious: and first, idleness. Every person who recollects his past conduct, may be satisfied, that the hours of idleness have always

proved the hours most dangerous to virtue; they provoke the rise of criminal passions; lead to the suggestion of guilty pursuits, and to the formation of designs, which, in themselves, are sure to bring disquiet and bitterness to the remainder of life. Sloth is like a slow flowing putrid stream, which stagnates in the marsh, breeds venomous animals, and poisonous plants, and infects with pestilential vapours, the whole country round it. Having once tainted the soul, it leaves no part of it sound. Idleness nourishes the passions, and it must be very difficult, if not impossible, for her, who is pampered in idle luxury, to regulate that powerful propensity, of which this chapter treats.

The importance of industry, for the preservation of health, has already been urged: I must, however, again speak of it, as the greatest moment for the government of passion, by forming those habits of order at which I have hinted: Every thing may be met in its own place, and your daughter may constantly find innocent and useful employ for her time; she will never be at a loss how to dispose of her hours, or to fill up a life agreeably.—Secondly, Reading novels and romances. The unwarrantable amusement and intrigues, which fill up most works of this kind, cannot fail to raise propensities, the most unfriendly to virtuous continence. Evil communications corrupt good manners, and to indulge the imagination in contemplating such amours, cannot differ but in degree, from associating with the hero, or heroine of the play—besides, the example of human excellence, as displayed in most of their fine characters, do no where exist; for relief of course, the unfortunate lover, from one of those highly coloured pictures, is at length disappointed, disgusted, and miserable. Better sentiments may be collected from those of old. Furthermore, when you seriously consider, that it is possible your daughters should run away with some worthless fellow, if her inclination should not accord with your judgment and advice, you will see that every precaution ought to be



taken, to regulate her mind, on this important subject; begin in time to inculcate sentiments proper for her safety; teach her that it is impossible for a young impasioned miss, to judge of man's merits; that it is far more properly, the province of the mother; make it a rule of your house, that no man shall pay addresses to your daughters, without first explicitly obtaining permission from her father and yourself; impress on her mind the necessity and propriety of such a rule; that she may learn to consider any man an enemy who would presume to speak on the subject of love, without having regularly complied with the rules of the house. Young ladies by confiding in their acquaintances, receive bad advice; are led to adopt dangerous measures, and are involved in ruin. Sometimes by not having a confident acquaintance, and not having or being disposed to confide in their mothers, they languish in secret to the destruction of their health and happiness. Those evils might be prevented, if mothers would take the proper steps to gain such confidence with their daughters as to know all their distresses, and hear all their secrets. It is furthermore possible, notwithstanding every precaution, that a young lady should fix her affections upon some gentleman who has never thought proper to place himself within her power; should this happen to your daughter, what could be done if she dare not trust you with a knowledge of her case? whereas, if you knew her inclination you might adopt measures, either to prevent or accomplish her wishes as might be thought most prudent. An instance of this sort may happen without disgrace. In one of the lower counties of Virginia, a young gentleman, of agreeable address, excellent morals, and charming disposition, happened to reside in the family of a wealthy and reputable man, who was blessed with an amiable daughter. Although his great worth had secured to him the esteem to repose the utmost confidence in his friendship; yet as his fortune was very moderate, he dare not indulge a thought of gaining her

affections. Several gentlemen of the first distinction, waited on her with offers of marriage. But she very politely dismissed them all; until at length her parents were anxiously apprehensive that she must have formed a resolution never to marry. This worthy young man was particularly solicitous on her account; for he had considered some of the offers to be very advantageous. At the request of her friends, he therefore, cheerfully undertook to enquire into the cause of her conduct, so apparently strange; with difficulty he extorted from her a confession that her love was fixed upon another person. It was then determined, that he should continue the negociation, and if possible, obtain a knowledge of the person; for some days she persisted to withhold the desired information. But at length yielding to his solicitude, she directed him to the 7th verse of the 12th chapter of the second book of Samuel, for a determinate answer: with haste he ran to his bible, and opened the place; to his astonishment and joy he read: "And Nathan said unto David, thou art the man."

They were happily married a short time after the discovery, and perhaps to this day are living in harmony. Should the case occur in which the young gentleman is not so easily gained, the friends of the young lady might, by the influence of some worthy acquaintance, bring about a match, and there could be no impropriety in the measure. But if the object cannot be obtained, she will begin to fret and study; and a violent kind of fever will take place. For the removal of this fever, blood-letting and blistering is advised; those remedies and travelling, generally carry it off. Grief indulged, spoils digestion, and destroys the appetite; hence for want of proper nourishment, the whole system is relaxed, the spirits sink, the circulation becomes irregular, inducing a train of formidable diseases, as fainting, swooning, falling sickness, apoplexy, palsy, and the whole train of hypochondriacal affections, madness, and death.

I am, your humble servant.



## INTRODUCTION.

MADAM,

YOU have happily joined yourself to the man; for whom you leave your father's house; for whom you cheerfully forsake all the world beside; to live with him as your protector and bosom friend; you promise yourself many endearing pleasures; you perceive that innocence, candor, sincerity, modesty, generosity, and piety, express themselves with grace in every attitude; in every feature of the man you love: you are highly concerned how you may secure an equal share, and a permanent continuance of his affections and esteem. On this point, turns your future happiness or misery; mutual love and tenderness properly preserved, secure to you the greatest earthly blessing. In proportion to the want or loss of those, you are miserable for life. Although this consideration very much concerns your husband, as well as yourself; yet, I must be permitted to assure you, that you are deeply interested; his engagements as a man, will necessarily keep up his attention, he will have frequent occasions to mix with agreeable and interesting company; his acquaintance will be extended; his amusements multiplied; he of course will have an asylum, should home become tiresome or disagreeable. But your house, is your refuge; your husband, your only companion; should he abandon you, solitude, anxiety, and tears, must be your unhappy lot; you cannot fly for amusement to the race ground, to the chace, to the card table, or to the tavern; you cannot look out for a gallant, to whom you may impart your slighted love. You must either languish in bitterness, or learn to compose feelings by stoical indifference. How wives ought to conduct themselves towards their husbands. As it is your great wish and interest to enjoy much of your husband's company and conversation; it will be important to acquaint yourself with his temper, his inclination and his manners; that you may render your person and your

disposition, quite agreeable to him; by observing with accuracy, and guarding your words and actions with prudence, you may quickly succeed according to your wishes. Here, perhaps, you ask, why so much pains necessary on my part? I will answer your question candidly: Your choice in forming the connection, was at best a passive one: could you have acted the part of a courtier and made choice of a man whose disposition might have corresponded precisely with yours, there would have been less to do afterwards. But under present circumstances, it is your interest to adopt yourself to your husband, whatever may be his peculiarities. Again, nature has made man the stronger. The consent of mankind has given him superiority over his wife; his inclination is to claim his natural and acquired rights; he, of course, expects from you a degree of condescension, and he feels himself the more confident of the propriety of his claim, when he is informed that St. Paul adds his authority to its support: "Wives submit yourselves unto your own husbands as unto the Lord, for the husband is the head of the wife." In obedience, then, to this precept of the gospel, to the laws of custom and of nature, you ought to cultivate a cheerful and happy submission. The way of virtue is the way of happiness; the truth of this maxim, will be verified to you in your conformity to your duty. By such submission, you would secure to yourself the advantages of a willing obedience on the part of your husband, to the counter part of Paul's command: "husbands love your wives as your own flesh." The great attention and submission practised by most men, in time of courtship, are well calculated to raise in the female mind, false expectations of an uniform continuance of the same officiousness, after marriage. For the honey moon, you may not be disappointed; but the charge of a family, will soon teach any man that he has something more to do, than live a life of courtship. The discharge of his duty as a father, a friend, and a citizen, will gradual-

ly divert him from that punctual attention to your person, with which you are so highly pleased. When you begin to discover this change, be careful to conduct yourself with discretion; by no means upbraid him, nor suffer jealousy to take possession of your breast; if you once admit this passion, it may terminate in ruin; it will lead you to consider every seeming inattention as a proof of his want of affection; you will conclude he is tired of his toy, and is looking out for another. This thought once admitted, will have insatiable influence over your mind; not only your actions will express your suspicion, but you will unguardedly speak it, perhaps in terms of reproach. Your good husband, stung to the heart, may possibly, with eyes full of tears, clasp you in his arms and assure you of his love. But all in vain—jealousy once admitted to inflame the soul, he will scarcely turn his back, before the old impression will revive; his tears and entreaties will be considered as evidence of his guilt, and you will wretchedly settle upon this conclusion: I am disagreeable, he is gone to caress the happy fair one, whose company is preferred. As you regard your own bliss, speedily check all thoughts of this kind; as soon as they arise in your mind, if indulged, they will have a baneful effect upon your temper, and spread a gloom over your countenance, so as to strip you of every charm; your husband, repelled from time to time, will at length become indifferent; and, leaving you to languish in your distress, he will seek for amusement where it may be found. And thus you will bring upon yourself the very evil, against which you would make your mistaken defence. If you have already proved the truth of these reflections by sad experience, I know you are ready to excuse yourself, because the whole proceeded from the most sincere affection. But you should consider, that the anxiety and distress which are so often depicted in your countenance, might with equal propriety, lead your companion to doubt the sincerity of your love; and, for any thing

you know to the contrary, a suspicion of this kind is at the bottom of the whole mischief. Do not act like stubborn children; rejecting that happiness, which is entirely in your own power. If he does not come in the very hour or day that you expect him, instead of accusing him with neglect, be the considerate woman, and take into view the various and unavoidable delays with which he must meet in transacting that business which he considers necessary for the present time. He is bound to provide for you and your children. In easy circumstances there is most satisfaction, and he feels a strong desire to secure this foundation for your future happiness. Receive him, then, with gladness, as often as he comes in; show him you are happy in his company, and let the preparations made for his reception, prove to him that he holds a considerable share in your thoughts and affections when he is absent. Such conduct will endear you to his heart, and secure to you all the attention and regard you deserve. Do not suppose that my plan implies, that the husband has nothing to do. So far from this, he is bound to love and cherish his wife as his own flesh. But, I repeat it, this obligation seems, in a great degree, to rest on the condition of a loving and cheerful submission on the part of the wife. Here again, perhaps, you object and say, why not the husband first shew a little condescension as well as the wife? I answer—For these plain reasons: It is not his disposition; it is not the custom, but with the henpecked; it is not his duty; it is not implied in the marriage contract; it is not required by law or gospel. I presume you are not one of those ladies who indulge a mean opinion of their companions, and are indeed ashamed of them; for this can happen in no case, where there is not a want of information and judgment.

Do you, therefore think liberally and favourably of your companion; remember he is considered your head, and that your dignity cannot be superior to his. If you stooped in marrying him, do not indulge the thought

that you added to his respectability. Never tell him you took him out of the ashes; for it will be hard for you to extricate yourself from this difficulty. If you stooped of necessity, because you could get no one else, the obligation is on your own side. If you stooped of choice, who ought to be blamed but yourself? Besides, it will be well to remember, that when you became his wife, he became your head, and your supposed superiority was buried in that voluntary act.

Now I have given you directions for securing to your sons and daughters, a sound mind, in a sound body, so far as it can be effected by management, &c.

I now consider, that I must proceed on what condition or accident, those bodies are liable to fall into, and then, on the other hand, what is to deliver those bodies from those accidents, &c.

## THE DYSENTERY,

### OR BLOODY FLUX.

**THIS** disease is defined by Doctor Cullen as a contagious fever, attended with frequent slimy or bloody stools; while at the same time, the usual contents of the intestines, are for the most part retained; and with a violent griping, painful, frequent urging to go to stool. If there be a frequent desire of going to stool, especially after eating or drinking it is considered a certain mark of this disease. It occurs in the same seasons that intermittent fevers do; and like them follows long dry, long moist and hot weather; sometimes it comes on with cold shiverings, and other marks of fever, and in some instances, the fever attending is very violent and inflammatory: sometimes, though not so frequently, a diarrhea is the first symptom. There is commonly a loss of appetite, frequent sickness, nausea and vomiting; which are considerably proportioned to the violence of the disease. In every case where there is violent fever, the danger is considerable; when the patient stools, he seldom breaks wind. Now to prevent this disease from spreading, the patient should be kept very clean, his room should be well aired, and properly cleansed, and vinegar should be frequently poured upon a hot brick, stone or piece of hot iron. In places where this complaint prevails, the daily use of cold baths; the dress of children should be carefully changed to the state of the weather; salted meat, should be daily, but moderately used through the sickly season, and drink tar water, morning and evening; and when you go among the sick, take two or three drops of the spirits of turpentine on sugar, or get a handful of cucumber bark, a handful of dog-wood bark, a handful of yellow poplar bark; put them in spirits and drink as a bitter.

For the cure of this disease, regard must be had to the degree of fever present; for if there be great thirst, acute pains, and a tight though small pulse, the patient



should be bled, and if pains and other violent symptoms, continue the blood-letting, repeat it every twelve or twenty-four hours, until they do yield. Pukes are sometimes proper, but they should be used only when there is great sickness at the stomach: and if the marks of fever, as above, be present, a puke should not be administered, until after one or more bleedings. Purges should be frequently repeated, but they must be of the most gentle sort, as cream of tartar, purging salts, manna, castor oil, &c. physic grass, (which is called highland flags) take a handful and beat it, let it stand in a tumbler of cold water the over night, drink it in the morning, and work it off with warm water, or water gruel. But let it be remembered, that jalap and rhubarb are not proper in this complaint; glysters of flaxseed tea, or mutton broth, with a little tincture of opium, should be injected, two, three, or four times, for every twenty-four hours. If there be great heat and pain in the bowels, cold water might be injected in the form of a glyster; indeed it could do no injury, if there were no inflammatory symptoms. Opium, a dose of the tincture, or a pill of the solid opium, should be given every night; and after sufficient evacuations, it might be used every six or eight hours if necessary: cooling drinks, such as whey, flax-seed tea, camomile tea, (not too strong) mallow tea, mullin tea, and barley water, are all proper for this purpose; and if there be much fever, cold water is a very proper drink—a decoction of gum arabic, or shavings of hartshorn with spices, mutton suet boiled in milk—a decoction of blackberry brier roots, or gruel made of a little flour, prepared according to doctor Buckhan, that is to say: take a few handfulls of fine flour, tie it up in a linnen cloth, and boil it in a pot, for six hours, until it becomes as hard as starch; afterwards grate it, and make it into gruel. Either of these will be very useful: when the patient is much spent, blisters may be applied to the wrists and ancles, but not commonly, until after the fifth day. In the close of the disease, port wine,

madeira or cherry wines, are proper where the fever intermits, and especially where it assumes the shape of the third day fever and ague; the bark is a very proper remedy to be given, chiefly in the fore part of the day; so is a spoonful of the juice of elder berries, two or three times a day; or take a new laid egg, and pour out the white, and fill up the place with salt, and roast it hard; then beat it to a powder and take as much as will lay on the point of a case knife, every half hour; and let your drink be a tea of the root of black gum, or sycamore bark tea, or take the spirits of turpentine and put on burning coals, and receive the smoke. This will stop it: and if it stops too fast, work it off with salts or castor oil; or take dried hog dung and boil in sweet milk, and drink off that; it is a wonderful remedy; or take a large apple and fill it up with a piece of honey comb, roast the apple in the embers and eat it; this will stop it; or take as much grated rhubarb as will lie on the point of a case knife, with half as much grated nutmeg; put those in a glass of white wine, take this laying down; or take four drops of laudanum, and apply to the belly a poultice of worm-wood and red roses, boiled in milk, and feed on rice, sirrup and beef; give a spoonful of sheep suet, melted on a slow fire, a spoonful of green plantain mixed together, and taken many times, sitting in a tub of warm water three inches deep; or take the maw of a rabbit dried to a powder, made up in doses, and taken in plantain juice; for a child, take the seed of green plantain, beat it to a powder, give a teaspoonful in red wine; or take the jaw-bone of a jack or pike, beat to a powder, take a half a drachm of the powder in red wine, morning and evening; this has cured when nothing else would; or take the white ashes of white hickory, make a weak ley in spirits, and drink when it first comes; or take the back bone of a beef or hog, burn until they become white, then beat them fine, boil them in new milk, and give them to drink.



## THE CHOLERA MORBUS, OR PURGING AND VOMITING.

This disorder makes its appearance in warm climates, as early in the season as April and May; but in colder climates, not until the middle of June, or first of July; the danger attending it, is in proportion to the heat of the weather. Children are subject to it from one or two weeks, until two years old. It sometimes begins with a diarrhœa, which will continue for several days without any other disorder; but most commonly violent vomiting and purging, and high fevers attend; the matter discharged from the stomach and bowels is yellow or green, the stools are sometimes slimy and mixed with blood, without any appearance of bile; sometimes, too, the stools are thin as water; worms are frequently voided. Whether the evacuations be bilious or not, the patient seems to suffer much pain, draws up the feet, is never easy in one posture; the pulse weak and quick, the head very warm, the hands and feet are cold; the fever remits and returns with greater violence every evening. The head is sometimes so much affected, that the patient not only becomes delirious, but will rave and try to scratch or bite the parent or nurse. The belly, and sometimes the face and limbs swell—has great thirst in every stage—the eyes appear languid and hollow, sleeps with them half closed. So great is the insensibility of his eyes, that flies light upon them while open, and do not excite the least motion in the eye-lids. Sometimes the vomiting continues without the purging, but more commonly the purging remains without the vomiting. Through the whole course of the disorder, the stools are sometimes large, emitting a very disagreeable smell; at other times there are scanty stools, without smell, like the food or drink taken in by the child. This disorder is sometimes fatal in a few days, and in some cases, even in twenty-four hours—much depends on the state of the weather, one cool day frequently abates; the time or vio-

lence of its duration, varies frequently from a few days to six weeks, or two months: when it is of long standing, and tending to death, there is commonly great wasting of the patient's flesh; the bones will sometimes come through the skin. Towards the close of the disease, there appears purple spots on the skin, with hickup, convulsions, ghastly countenance and soremouth; when those last appearances come on, the case generally becomes incurable. The following remarks may help to guard against mistakes in this disorder: It is sometimes thought to be the effect of teething; but as it comes on at a particular season of the year, this mistake may be avoided. It is true, however, that it is rendered more violent, when it happens to seize on children in the time of teething. It is sometimes attributed to worms; but although worms are frequently voided in this fever, they are never the cause of it. It has been considered the effect of eating summer fruits; but where children can get ripe fruits at pleasure, it seldom occurs; and indeed ripe fruits taken moderately, have a considerable tendency to prevent it. On the whole, it may be considered a species of the bilious fever, and may be cured as follows. Give a puke to evacuate the bile from the stomach; this may be done by a dose of ipecacuanha or tartar emetic, and it should be repeated often, as often as there is vomiting of bile. In every stage of the disorder, the bowels should then be purged with manna, castor oil, or magnesia; but rhubarb is not a proper remedy until the fever is subdued in some considerable degree. If, however, the puking and purging have continued until there is good reason to believe that the offending matter has been thrown off by the natural efforts, the pukes and purges must be omitted, and instead of them, a few drops of the tincture of opium may be given in a chalk julep, say prepared chalk or crabs claws, eight grains to twenty tincture of opium, half a drop to three or four cinnamon water or peppermint tea at discretion; syrup, as much as may be sufficient to make it pleasant,

to be given every three or four, or six hours; sometimes a few drops of spirits of hartshorn, will be a useful addition to the above julep. Small blisters might be applied to the region of the stomach, or to the wrists and ankles. Mint and mallow teas, or a tea of black berry briar roots, infused in cold water; a decoction of shaving of hartshorn or a solution of gum arabic, or a tea of the pith of sassafras-wood, steeped in warm water, with the addition of a little mint or cinnamon. Either of these articles may be prepared and used as drink. To compose the stomach or bowels, glysters made of flax-seed tea or mutton soup, or starch dissolved in water. Either of these, with the addition of a few drops of laudanum, may be frequently injected. Plaisters of venice treacle, where it can be had, or flannels wetted with a strong infusion of bitter herbs, in warm spirits or madeira wine, might be applied to the stomach; or what might be still more convenient, a cloth folded so as to be two or three inches square, might be wetted with the tincture of opium, and applied as before. As soon as the violent symptoms are subdued, give bark in the form of a decoction or in substance, to which may be added a little nutmeg; or if bark be offensive to the patient, use port wine, or claret in its stead. At this stage it will be proper to indulge the child in any particular article of strong food. The patient may happen to crave salted or dried fish, salt meat, butter or rich gravies, and even the strongest cheese. Another remedy when there is great pain is the warm bath; and it would be still more effectual, if wine were used instead of water. It is also probable, that a cold bath, a few times repeated, would be an excellent remedy in the recovering state of the disease; it will be found very beneficial, to carry the child out to breathe a fresh country air. In places where this complaint prevails, the following precautions will probably prevent the daily use of the cold bath. The dress of children should be carefully accommodated to the state and changes of the weather; salted

meat should be daily but moderately used through the sickly seasons; good sound wine may be given them in portions adapted to their age; from a tea spoonful to half a wine glass full, at the discretion of their parents: particular regard should be had to cleanliness, both with respect to their skin and clothing. Lastly. Persons living in sickly towns ought to be specially attentive to all these dangerous complaints; and where it can be done, they should remove their children to the country, before the sickly season. I have cured many with bowman root, which is called by some, Indian physic. Boil a good handful in two quarts of water to a pint, let them drink freely of that, and drink warm water to work it off; or take a table spoonful of beat puccoon root, a spoonful of fennel seed, a spoonful of mountain birch bark, beat it fine; you may let this stand for time of need; this decoction is to be put in a quart of cider; a child of two or three years old is to take a tea spoonful once or twice a day, and so on up according to the age; to a grown person, a table spoonful. Not to eat hog meat nor milk.

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## INTERNAL DROPSY OF THE BRAIN.

THIS disorder is sometimes the consequence of a stroke upon the head, received by falling, or otherwise; it may also be excited by different kinds of fever. In every case where there are pains of the limbs, head, sickness at the stomach, dilatation of the pupils of the eyes and sleepiness, this disease should be suspected. In Doctor Rush's treating of this complaint in his enquiries, he gives the following description of it—as taken from the writings of Dr. Guin: In general, the patient is at first languid and inactive, often drowsy and peevish, but at intervals cheerful and apparently free from complaint, the appetite is weak, and in many cases a vomiting occurs once or twice in the day; the skin is observed to be hot and dry towards the evening. Soon after these symp-

toms have appeared, the patient is affected with a sharp head ache, chiefly in the fore part, and if not there, generally in the crown of the head, it is sometimes, however, confined to one side of the head; and in that case, when the posture of the body is erect, as in sitting, the head often inclines to the side affected: the vomiting is less troublesome, when the pain in the head is most violent; and on the contrary, there are also pains in the limbs or the bowels; but more constantly in the back of the neck, and between the shoulder blades. In these cases the head is commonly less affected, the patient dislikes the light; at this period, cries much, sleeps little, and when he does sleep, he grinds his teeth, picks his nose, appears to be uneasy, and starts often, screaming as if terrified. The bowels are in most cases bound, though sometimes they are in a lax state, and the pulse is not much irregular. In the early stage of the disorder, these symptoms are subject to great fluctuation; but whatever may be the degree or order of them, after some days one of the eyes will be turned inwards, as if looking at the nose, and the pupil of the turned eye, will be more dilated than the other, and if both eyes be turned, which sometimes happens, both pupils will be larger than they are observed to be in healthy people, at the same time, and in the same degree of light. After this, the vomiting becomes more constant, and the head ache more excruciating, and every symptom of the fever makes its appearance, the pulse is frequent, the breathing quick; the fever returns with more violence at night, and the head and face is flushed, usually one cheek more than the other; there are temporary sweats, and sometimes bleeding at the nose, but neither affords any relief; the patient is sometimes violently delirious. After proceeding on in this way fourteen days, often a much shorter space of time, the disorder undergoes a change and passes into the second stage; the pulse becomes slow and unequal, both in time and strength, the pain seems to abate, a deep sleepiness ensues, the pupils

are more dilated, the patient lies with one or both eyes half closed, which are found on examination to be insensible to the light; the vomiting ceases, the patient swallows with greediness whatever is offered to him, and the bowels remain obstinately costive: if not relieved, the second stage is soon succeeded by the third, which speedily terminates in death. The symptoms in this stage, are, weak and quick, but equal pulse, difficult breathing, with deep snoring, the eyes suffused with blood, alternate flushings and deadly paleness in the face, red spots or blotches on the limbs, difficult swallowing; and lastly convulsions close the scene.

I must here observe, however, that neither the dilated or insensible pupil, nor the puking, delirium, or the squinting, always attend this disease. Children of every age, but more commonly those of four or five years old are subject to it, as was hinted before. This is the complaint which was little understood until lately, and was commonly called a worm fever; and as worms are in some instances discharged in this disorder, ignorant and injudicious persons, may readily enough be deceived. In every instance, therefore, where the symptoms are suspicious, parents ought to be alarmed, and if possible, they should procure relief on the first attack. The remedies to be employed in the first stage of this (too often) fatal disease—are bleeding and purging; these should be repeated, as often as may be necessary to subdue the inflammation; if there be pain in the head, cold water or vinegar, or vinegar and water, or even ice water, might be applied, with cloths wetted for the purpose, which should be frequently changed; sometimes the symptoms abate, after two or three bleedings, but return in the course of a few days. In every such case, the bleeding must be repeated, and the more certainly if the pulse be full and tight. In the last stages of this complaint, bleeding is seldom proper; the principal dependence is to be placed on the use of mercury; the patient should be salivated at any stage of the disease.



After the inflammatory symptoms are subdued, blisters are beneficial, and should be applied to the head, neck, and temples, &c.

Now I quit medicine a little, and speak on a few roots that are well known by the most of mankind, that is very profitable in our day, both to make a drink, in the complaint above spoken of, and many more. And for this dropsy, I have given you a full description from the beginning to the end, &c. &c.

### THE HERB ANGELICA.

THIS is excellent for the head and the parts thereof; this is eaten, or the powder, or juice of it drank; keepeth a person from the head ache and megrim; it is good against dizziness, swimming or giddiness of the head; it comforteth the brain, sharpeneth the wit, strengtheneth the memory. It is a singular remedy against deafness; it amendeth the thickness of the hearing, and provokes sleep: the juice of it laid in lint and put to the eyes quickeneth the sight. Also, the root or herb dried and boiled to a strong decoction, and wash the eyes, has the same effect; make a tea of the root to drink, cureth the redness of the eyes, blood-shotten and itching of them. The same decoction drank in wine, is good for a foul stomach; it strengthens a weak stomach and causeth an appetite; it digests cold phlegms on the stomach, and opens the pipes. A person that is just poisoned and drinketh enough of the spirits that have been stilled, roots and tops, will clear them out. This herb is good against the disease of the lungs; it strengthens the members; it is good for the aching of bones. This herb boiled in the urine of a healthy man-child, is good for the dropsy; it is good for them to make use of it in teas, that have the consumption; the root of this herb boiled, to glyster with, is wonderful for the cholic; it opens the passage for the water, and stops griping pains of the belly; it is wonderful for one that is bruised

by a fall. The leaves of Angelica and the roots, or the bark of the roots of dogwood, sassafras bark, shoemaker roots, and running brier roots, all boiled strong: then take out the barks and roots, boil it down to a salve; this salve is wonderful to heal cancers, old rotten putrid sores, burning hot swellings, and carbuncles; sores that are hard to be cured. It would be a good thing to wash the sores first before the plaster goes on, with muscle shell lime, &c.

By this we may understand with how much virtue God has endued and blessed this herb. To sum up all, it helpeth the body inwardly and outwardly, it promotes sweat, by which the body is purged of much corruption, which breedeth diseases; it expelleth the venom of infection; it consumes ill blood and naughty humors; whereby diseases are engendered. Therefore, giving God thanks for his goodness, which has given us this herb, &c. &c. and all other blessings, for health here, and for salvation of the soul hereafter; for God hath fixed a way to heal both body and soul.

### ADVICE TO SWEAT WITH THE HERB ANGELICA.

HERE, perhaps, some will ask a question respecting the time and quantity, which things are to be considered in taking medicine. As touching the time, if it be taken for a preservative, it is good to take it in the morning or evening before one goes to bed, because that is a convenient time to sweat, for one that feeleth himself not much diseased; but if a man takes it to expel any grief felt in the body, immediately go to bed and sweat. As touching the quantity: one need not be so careful in taking this herb, as in taking those medicines that do purge vehemently, by ejection, as some term it, or by vomit. For in taking them, if discretion be not used, in considering the time, the quantity, and the state of man's body, they may cause present death; or otherwise, they may much weaken the patient. Thus I



counsel all that use it—that when they or any of theirs are diseased, they defer not the time, but take it presently, as soon as it may be had, and that they do not think it sufficient to take it once or twice, but often; there is no danger in it.

### TO SHIEW THE DEGREES OF THE HERB ANGELICA.

IT is hot and dry, at least in the third degree. All the writers in Germany agree upon it, and I have proved the same. The roots stilled, and the oil that comes of the spirit, is good for poison. If any person be suddenly taken with the ague, let them take fifteen drops of the oil, or a tea spoonful of the spirits, and cover up warm; do the same for poison, which, if they do, they will begin to sweat. This stilled water is good for gnawing pains of the belly, occasioned by colds; if the body be not bound, it is good for all inward diseases, as pleurisies in the beginning, before the act of inflammation affects the body; for it dissolveth and scattereth abroad such humors as bring on pleurisy. Moreover, it is good for the diseases of the lungs, if they come by cold; and for a stoppage in the breast; it is good for a woman that is in travail; it expelleth wind, and easeth pains flowing from the same cause. Those that cannot still this root, may let it stand in wine or water, as the nature of the sick may require. When it is pulverized, it may be sprinkled in ulcers, sores and cancers, before you put your salve on; when you want to heal them up, it cleanses out the bad flesh and engenders good. This herb is known by most of people, yet they know not the use of it. But I have ventured to reveal it—I do not think it right that any thing should be secret which may be profitable to my country—for God hath not made any thing for the use of a few, but for the accommodation of all men: and we, that are the children of God, ought to frame ourselves so that we may be like affectioned to our Father, who is beneficial to all men; who hath made

his sun to shine, and his rain to fall, upon the wicked as well as upon the good—that is to say, who feedeth all, both good and bad, by heat and moisture, which proceed from the sun and rain, all things grow upon the earth, whereby our lives are maintained. I conclude that, forasmuch as the mighty God is good unto all men, we ought to be like minded, and not to keep secret, nor hide any thing that may profit one another. I wish all men rightly to use the good creatures of God, and to give him hearty thanks for all his benefits, to all eternity.

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### FOR THE PLEURISY—THE SYMPTOMS.

THIS comes on like other fevers. It generally begins with chillness and shivering, which are followed by heat, thirst, and restlessness; to these succeeds a violent pricking pain in one of the sides among the ribs, sometimes the pain extends towards the back-bone; sometimes towards the fore part of the breast, and at other times towards the blades; the pain is generally most violent when the patient draws in his breath—if he holds his breath as long as he can, he cannot fetch his breath without coughing. The pulse in this disease is commonly quick and hard, the urine is high coloured, and if blood is let, it is covered with a tough crust or buffy coat; the patient's spittle is at first thin, but afterwards it becomes grosser, and is often streaked with blood; there is generally a violent pain in the side, and high fevers, changing from place to place, and sometimes in the head, with a shortness of breath that you will appear to be choaking, and generally weakens the patient fast, and often turns to the third day fever and ague. Make a decoction of nettles, and apply the boiled herb as hot as you can bear it to the pain; or beat brimstone fine, or the flower of sulphur, mix up the white of two eggs and put to the pain; let your diet be light, thin, and cooling; let your drink be whey, water gruel, barley water, hysop

tea, sharpened with vinegar or lemon juice and water. If the spitting stops suddenly, take a little vomit, like camphorated vinegar, sirup, elder berries, raspberries, or strawberries, this is good to cleanse the lungs; bleeding oftentimes is wonderful good, sometimes roasted apples or currants are good. There is a bastard pleurisy and a true one, that is to say, an inflammation in the ribs, attended with little or no fever; the right pleurisy is attended with a violent fever, and pains in the sides, the pulse remarkably hard: he may take a strong decoction of seneca snake root, which is called by some rattle snake root, or a table spoonful of pleurisy root, which is called by some butterfly root, and then cover up warm in bed; any kind of warm dilutary drinks, dried cat dung made a tea of; this is a wonderful remedy; or take a handful of dried pokeberries, a handful of saw dust of lightwood, a handful of dried horehound, a spoonful of beat rattlesnake root, to a quart of whiskey, (rye whiskey is the best) take a table spoonful twice a day: beware of taking cold or going out in the dew, or after sunset; blisters are good when the pain continues. If the body be bound take some of the bark of white walnut and elder roots, boil them, take out the roots and put in some salt petre, boil this to pills and take them as needful. These pills will neither leave you bound nor gripe you; if the sweat does not break, it is good to put a little dogwood bark in this decoction of pills, that is, the white walnut pills.

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## INFLAMMATION OF THE EYES, OR SORE EYES.

SORE EYES are of two kinds, that which affects the coats of the balls of the eye, &c.—that which affects the eye lids only. The causes inducing inflamma.

tion are external violence, wounds, particles of dust, sand, &c. or the hairs of the eye lids inverted, too much light, or strong light too long continued; sitting up at night before a fire, riding in snow, particularly when it falls early or late in the season, writing or reading too much at night, too long accurately inspecting very minute objects, frequent intoxication, sharp matter, such as tobacco, &c. received into eyes: sympathy sore eyes frequently taken by looking at others in the same condition, and is the effect of an active imagination. General fever sometimes produces this disease.

The remedies are as follows: Bleeding, when there is general fever, copious bleeding from the arm will be necessary; if no general fever present, cupping the temples, and scarifying the inside of the eye lids. Purges may be more or less violent, according to the violence of the disease. Blisters should be applied to the neck and behind the ears, and to the temples. Certain washes: These must be mild or sharp according to the stage of the disease. In most instances when inflammation of eyes first appears, cold water, milk and water, or mild lead water will be proper; the lead water should be made into a poultice and applied to the eye affected, first covering it with a bit of cambric or muslin. In the last stages of this disease, the eyes may be washed with the following solution: white vitriol, two drachms, sugar of lead forty grains, of spring water one gill; if this be not convenient, weak spirits and water, Madeira wine and water, salt and water, or a decoction of oak bark and leaves not too strong. In curing this disease, the patient should not be exposed to the light, and all spiritous liquors must be carefully avoided.—When there are particles of dust or the like in the eye, it may sometimes be washed out with clean water; if an inverted hair be the cause it must be plucked out. If the disease should be of long standing and obstinate, setons and issues will be proper. The eyes should be washed with salt petre, then with breast milk or honey

and copperas mixed well together, or take a table spoonful of white copperas, a table spoonful of salt to a quart of water, and boil it down to a pint, then let it settle, pour it off and boil it down to a half pint, keep this to wash any humor in the eyes; take angelica, boil it in water, then mix it with new milk, and wash the eyes, and at night bind rotten apples to them when going to bed; or take half an ounce of lapis caliminaris powdered into a half pint of French white wine, and as much white rose water, put a drop or two in the corner of the eye, this has cured some that have been nearly blind; or take six ounces of rectified spirits of wine, dissolve it in one drachm of camphor, then add two small handfuls of dried elder flowers, and when you wash your eyes, wash your forehead also.

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### THE SCARLET FEVER.

THIS Fever, like the foregoing, depends on a specific contagion; it comes on with chilliness and sickness at the stomach and vomiting. These symptoms are specially characteristic of the disease: there are in some cases a swelling of the throat, and difficulty of speaking, swallowing and breathing—sometimes there is a squeaking voice and ulcers in the throat, which are in some instances deep and covered with white, brown or black sloughs; a thick mucus is discharged from the nose, sometimes from the beginning, but more commonly coming on about the fifth day; an eruption appears on the skin, sometimes preceding, sometimes following the ulcers and swelling of the throat; in some the eruption is confined to the outside of the throat and breast; in others wholly to the limbs: in some it appears on the second and third day, and never afterwards; in some it appears with the sore throat, and perhaps in others without it—the bowels are generally regular, but some have a diarrhœa. This fever is moderately inflammatory, and

differs from the malignant fever or putrid sore throat. The eruption in this fever is of a deeper red color, and is more smooth, resembling the back of a boiled lobster; the skin is also more hot and dry; the skin peels off in the close of this fever. It is not so dangerous as the putrid sore throat, it commonly goes off with the swelling of the hands and feet; and lastly it frequently appears in summer and dry weather. Again, this fever may be distinguished from a common inflammation of the almonds, &c. called quinsy, by the following remark: the appearance of ulcers, in common quinsy is confined to the almonds, &c.—a strong, full and tense pulse attend an inflammatory quinsy, always admitting the use of the lancet. A common quinsy is not attended with external redness. The remedies for the Scarlet Fever, puking, ipecacuanha and calomel combined, as the putrid sore throat; wash the mouth and throat with barley water, or very thin gruel, to which should be added a little vinegar and honey; if convenient, a portion of the tincture of myrrh; sixty or eighty drops of the tincture of myrrh might be added to half an ounce of the gruel, &c.—or if the myrrh cannot be had, as much calomel might be added instead of it, as may be sufficient to turn it of a whitish color. I have found great benefit from frequently washing the mouth and throat well with the following mixture: Take Salt Petre, half an ounce, Borax one quarter of an ounce, the whole to be dissolved in one pint of water, and sweetened with honey. I have used it successfully in a number of cases without any other topical application—snuff may be used about the fifth day to excite a running at the nose. Towards the close of the disease, wine and water, or wine whey, may be used to such extent only as to keep up a very gentle perspiration. Whenever the swelling of the extremities takes place, a few doses of calomel may be repeated. It is worthy of observation, that this disease can be communicated before it can be known to be present in any case; it is therefore unnecessary to remove children out



of the family where it makes its appearance. Some are of opinion that the Scarlet Fever might be prevented by using occasional doses of Rhubarb; this remedy is worthy of trial. Children are mostly subject to it.

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## THE CONSUMPTION.

THIS disorder comes by many causes. This disorder comes often times by wet feet, night air, wet clothes, over heats, sudden changes of weather; and women not taking care when their terms are on them, which causes them to abate, corrupts their blood and settles on their lungs, and turns to a deep consumption, if not brought on by regular means. It is bad for shoemakers, seamsters, and such as lean on the breast.

This disease generally begins with a dry, tickling cough; the cough continues sometimes a long time before it takes life, and sometimes but a short time. They that have this complaint, some days have a craving appetite, and then at other times scarcely any appetite; they cough mostly in the morning, and often times a soreness and oppression in the breast, a shortness of breath; going up the slant of a hill, a weakness in the knees; the spittle is first of a sweetish fainty taste; then as the disorder increases, the spittle turns of a saltish taste; and in this stage the spittle is often of a whitish frothy color—the patient is often sad, the thirst is often great, the pulse often quick and small, then at other times they are full and hard: at this time there is generally dull heavy feelings, stretching and gaping at times, which if not checked, it enters into the second stage; the spittle that was before of a whitish frothy color, is become a greenish color, and sometimes streaked with blood—often a swimming in the head, mostly after a spell of coughing or eating. There is a kind of hectic fever takes place in this stage, and night sweats. Now it enters into the



third stage—there is a burning heat in the palms of the hands, a looseness which weakens the patient much; at this time, the ends of the nails turn inwards, the swelling of the feet and legs, the sinking of the eyes, the difficulty of swallowing, and the coldness of the feet. When these last symptoms take place, he may find a remedy for the soul, but little for the body—when these last symptoms take place, they are out of the reach of medicine. The Consumption often comes with a puking and spitting of blood—it is said that blisters rise on the liver and break when they spit blood, or vomit blood, or some vein or nerve in the lungs, bursting or breaking, bleeding and clogging at times, spitting up lumps of blood, may be causes of it, or coughing vastly when the lungs are decayed much, it often causes them to puke blood or spit blood, &c. &c.

Now concerning the remedy: Take two double handfuls of dried horehound, and boil it well—then take it out and put a double handful of allecompain, and a double handful of comfrey; if you cannot get tame comfrey take wild, and a double handful of heart leaves—and when it is well boiled, take out the herbs and put in about a gallon of honey or imported molasses, and boil it down to the clear honey; then to every quart put in a table spoonful of dried beat Indian turnip, stir it well together, take a table spoonful morning and evening—live on such as squirrel broth, poultry, beef, mutton; forbear from hog meat or milk; buttermilk or any kind of gruel well sweetened is good—take a gill of right new milk and a half pint of fresh spring water, mixed together, and drink night and morning. In the course of a week you may take three spoonfuls a day, morning, noon and night; if you are bound you may take one of Anderson's pills a day, or make up wheat bread with the bran in it, and that will keep you open or ferment, &c. Then when the cough abates, put a quart of good rum to a half pint of good clean tar, and stew it down to a pint, take a tea spoonful first three or four times a day: as you strength-

en, increase your doses, &c. let rye mush and buttermilk be your diet, and broths. If the phlegm do not break free enough, take a quart of strong apple vinegar, a pint of honey, a handful of allecompain, a handful of comfrey, split them fine and put them in an earthen pot, put a wheat hoccake on the earthen pot to keep the steam in the pot; then heat a dirt oven as hot as you would to bake a pone of bread, let it stay in the oven as long; then take it out and bottle it. Take a table spoonful twice a day. Beware of taking cold or night air—drink a tea made of sycamore chips every day or two, &c. Now here is a remedy that has cured many, and is worthy of a trial: Take a handful of horehound, a handful of mullin, a handful of heart leaves, a handful of sage, a pound of ground ivy, a handful of fetherfew, a handful of hyssop, a handful of pot margery, take of these herbs, bruise them well, then add a little water so as to get a quart of juice from them, to this add a quart of peach brandy and a quart of honey, a pound of fresh butter, a pound of brown sugar; then stew them altogether down to three pints—then give a table spoonful night and morning. Let your diet be rye mush and buttermilk, or honey, for breakfast; but eat no smoked meats or salted fish—milk may be eaten. The elixir of vitriol must be taken three times a day, in water, grog or toddy: in the morning a dram of peach brandy and new milk, or brown sugar and peach brandy—beware of taking cold, or the night air, or getting wet, or going out in a giving day. But the morning air is good to strengthen; riding on horseback is good; take nothing but water gruel, take no stronger drink than water; let your drink be mixed with wine, and sweeten your gruel with loaf sugar—eat nothing but new buttermilk churned in a bottle, and light wheat bread—drink spring water and new milk, or sugar candy, two ounces, or boil two handfuls of sorrel in a pint of whey, strain it, and drink a glass or two a day; or take an ounce of loaf sugar, an ounce of gunpowder, an ounce of beat brimstone, an ounce of antimony, beat

them fine, then mix them well together, and take as much as will lay on the point of a case knife, night and morning, in strong apple vinegar—live on light diet, eat no hog meat, &c.

Every morning cut up a turf and hold your head under half an hour—then turn the turf back again; take a tea spoonful of white rosin powdered and mixed with honey twice a day—eat water cresses now and then, suck a healthy person. For your common drink make use of apple water. When you are so low that you are heartless, this medicine is worthy of a trial: take a bushel of rye bran; boil the strength out of it, then strain it, when it settles, then take a quart of rum, a half pint of strong tar, and a pint of sugar and a quart of honey, boil this down until it becomes as thick as tar, then take as much as will lay on the point of a case knife three times a day—eat rye mush and buttermilk; drink mare's milk, and in the course of the day, take a gill of dog's fat; let your drink be whey, barley water, ground-ivy tea, sinkfield tea, balm tea, liverwort tea or bloodwort tea, polly pody tea, maiden's hare tea, white plantain tea—boil the water and pour on the herbs, let it steep awhile, drink it cold; and if the cough is dry and hard, and the phlegm do not come up, take three snails every morning and night, then in three or four days take a gill of cow's water, and a gill of new milk mixed together, or cut off a rattle snake's head, the snake put into rum and drink of that two or three times a day; burn dried cow dung to ashes, make a weak ley, and drink it now and then, &c. &c.

The cold bath is wonderful if you do not feel chilly after you come out; after you put on your clothes, you come in a moist sweat; many a one takes the cold bath and lays in bed an hour; teem a pint of skimmed milk with a half pint of small beer, boil in this whey about twenty ivy leaves, and two or three sprigs of hysop; drink half the over night and the balance in the morning; do this if needful for two months daily. This has

cured in a desperate case—There was a man once in Evesham so far gone in a consumption, that he could not stand alone—he was advised to lose six ounces of blood every day for a fortnight, if he lived so long, and then every other day, then every third day, then every fifth day for the same time, and in three months he was sound and well.

Take in for a quarter of an hour, morning and evening, the steam of white rosin and beeswax, boiling on a hot fire shovel; this has cured one who was in the third stage of a consumption. Or the steam of sweet spirit of vitriol dropped into warm water—drink cider whey, barley water sharpened with lemon juice, or apple water, as long as the tickling cough continues; chew well and swallow a mouthful or two of a biscuit or crust of bread twice a day, if you cannot swallow it spit it out; this will always shorten the fit, and would often prevent the consumption. I believe any one that will follow these directions, there never was better remedies ever in print for this disorder.

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## THE NERVOUS CHOLIC, OR WIND IN THE BLOOD.

THE symptoms of this complaint are never clear, while the root of the disorder is these: it comes by heats and colds; there is often a tingling in the flesh; the flesh often gets to sleep, and often works in places like a beef when you are skinning it—a weakness in the eyes, a swimming giddiness or dizziness when you are walking; a stomach ache like a heart burn, often belches a sour belch, almost setting your teeth on edge, a throbbing about your navel, like your heart—oftentimes no strong or windy victuals will lay on your stomach. The misery will rise between the shoulders, and from that to the head and across the small of the back; sometimes it appears

to work in the bones, often like a pleurisy in the sides; often makes you dream foolish dreams, and start in sleep; some patients are bound, and some more laxative; the patient suffers more pain when they are going about with this complaint than perhaps any other. It is a melancholy disorder, and often turns to a decay if not stopped. Sometimes they swell in the breast and stomach; the first thing is to cleanse and purify the blood, that is: take a handful of burdock roots, a handful of running dewberry briar roots, a handful of the inside bark of sassafras, a handful of wild cherry tree bark, a handful of white ash tops; put a quart of water to every handful, boil it half away, take this for your constant drink; take fifteen drops of the essence of peppermint mixt going to bed. If it is hot weather you must put your diet drink in a bottle, and set it in water to keep it from turning sour; eat no hog meat nor milk, but any other light diet that agrees with you. Or get a handful of young pine tops, half a gallon of strong apple cider, a good chance of rusty iron; if you can, get nine star roots, put them all together, boil them down to a pint, put it in a bottle, put the white of two or three eggs, and take a table spoonful night and morning; going to bed, take five drops of laudanum—keep clear from taking cold or getting wet. Take a handful of ginseng root, a handful of orange peelings, a handful of cammomile flowers to a quart of rye whiskey; drink a dram of that twice a day: take some lime and put some water on it make it so that it just feels slippery, drink a gill or so in the course of the day; or take a gill of tar, put it in a quart of spirits, drink of that two or three times a day, take a tea spoonful of salts going to bed; or get a quart of strong apple vinegar, and a handful of saw dust of light wood, let it stand three or four days, drink of that twice a day: this has cured many. Or get a gill of brimstone and a gill of rosin, beat them well, put them in a quart of rum, take a table spoonful twice a day; or get an ounce of asafœtida, a tea spoonful of rhubarb, a

table spoonful of aloes, and put them in a quart of spirits: take half a spoonful twice a day, or as you need; or get a handful of saw dust of light wood, a handful of dried horehound, a handful of dried poke berries, a table spoonful of salt petre, a table spoonful of beat brimstone, a table spoonful of beat rattlesnake root, put this in three pints of whiskey, and take a table spoonful night and morning, and live on light diet; beware of taking cold. This medicine is good for the beginning of consumption, or the rheumatism, or the pleurisy. New milk and peach brandy have cured, when taken three or four times a day, one that spent all his living with doctors, &c.

Blistering at the pit of the stomach is often good, or making a plaster of camphor, sheep suet and whiskey; beat them well together, spread them on a cloth, and put it below the throat. These are well experienced medicines, and there is no need for stronger.

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### NEGRO POISON.

THE symptoms are often a devouring misery about the navel, and sometimes swells there, with a kind of griping pains, and sometimes a lax, and from that the pains will work upwards to the sides, and across the ribs like the Pleurisy, and under the shoulder blades—the bones will appear stiff and sore, the flesh will appear dead and sleepy; some often break out in sores, which is a favorable sign; the pulse is often high and hard, and often the breath short, and at other times the breath appears right; the lungs appear to be swelled. Whiskey or milk is pernicious to the complaint; there is often times a swimming giddiness, the patient often craves what the poison is given in—the water is always of a high colour, some have a good appetite, and some have none. But let their appetite be as it will, the patients



lose their flesh fast, and often the pains work from the top of the head to the end of the toes. When it is about to terminate in death, there is a deep sleepiness ensues; there is a cough that often follows the complaint, and sometimes a rattling in the lungs. These are most noted symptoms. And when the cough is bad, and the lungs are stopped, get a handful of horehound, a handful of catnip, three or four roots of allecompain, boil these in half a gallon of water to a pint, take out the herb, then put in half a pint of honey, and half a pint of good apple vinegar, a spoonful of fresh butter, a spoonful of saltpetre, and stew this down to the honey. and give the patient, as needful, to loosen the cough. The medicine to remove the complaint, is, to get a handful of running brier roots, a handful of sassafras bark, a handful of the bark of the root of yellow poplar, a handful of ginseng root, a gill of green plantain juice, and a handful of the twigs of white ash tops, boil these to a decoction, and give the patient to drink often; let their diet be light and cooling, not to eat hog meat nor sweet milk, nor heat your blood—beware of getting wet. Or take silk weed, as much of the root as you can grasp in your hand into a quart of spirits, and drink a butter of that two or three times a day. To take and dry the silkweed root and beat it to a powder, and take a teaspoonful of it in honey, and drink warm water—this is as good a puke as nature can afford. Or get a handful of garlic, a gill of green plantain juice, a table spoonful of brimstone, put them in a quart of rye whiskey, take of this morning and evening: this has cured many; or get a ten gallon pot and fill it with sour wood leaves, boil them well, then take them out and fill up the pot again with the same sort of leaves, and put more water in the pot and boil the strength out of them; then get the pot full of wild cherry tree leaves and put to the same water, add more water, and boil the strength out of them; then take out the leaves and put a good handful of black snake root, boil them well, then take and clean all the



drugs out and beat a spoonful of copperas and put in—when it begins to thicken, put in a spoonful of beat brimstone, and stew it down to pills, and take one as large as a pea in the morning, and two in the evening; and while you are taking these, you are to take care of the night air, and not eat hog meat, nor sweet milk, but such as chickens, squirrels, beef, mutton, and broths of the same. This medicine is also good for the Chachexy and Dropsy; and to renew the blood, the best method is to take a purge; before this, take a good chance of the roots and bark of white walnut, and boil the strength out, put a little salt petre with it, to keep it from gripping, take three or four of these pills. This works the same effect as calomel and jallap: or take poke root and roast it well, put in as much as will be grasped in your hand to a quart of spirits, drink of this two or three times a day for three or four days, and blister on the stomach. I believe that these medicines will effect a cure if there is help to be had. Give a table spoonful of sweet oil every other day might be of service; new milk, sheep saffron and goose dung, have been of great use, to boil together and drink fasting. Give assafœtida in rum twice a day, keep out of danger of taking cold, and that is half the battle.

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## THE VENEREAL DISEASE.

THIS is a complaint that goes to and fro through the land. There are many unfortunate, poor unhappy persons, that for fear of disgrace, endure pain both in body and mind, rather than go to a doctor at first. Some friend or secret-keeper replies he has got a cure. Well, the method is tried; but this remedy only removes the symptoms for a space, which corrupts the blood, and flings the patient in a worse situation, which is often incurable. The innocent can take the effects of this

complaint as well as the guilty—infants, nurses, midwives, and women by guilty husbands. If you are innocently taken in, you are excusable, as Adam must fulfil the command, multiply, &c. &c. Though he that has taken the blaze on the other hand, is condemned by Paul's ministerial words, for he says, "it is better to marry than to burn:" and generally when the flame takes place, there is a discharge of matter, which makes its appearance within eight or ten days after the infection has been received, and some within two or three days, according to what state the blood is in when you take it, and with some not under four or five weeks; but the patient often feels an itching with a small degree of pain in the testicles, and sometimes there runs a yellow thin matter which stains, and with some it is white with a violent burning when they make water; and it comes sometimes with a degree of heat, and there is often a redness. If the disorder is not checked, the symptoms will increase; the disorder rises higher and higher in the penis; and the longer it runs, the worse the patient dreads to make water, but wants to be always at it until it will come by drops in this complaint: tho' there is a disorder in women that one might be mistaken in, that is when the womb is affected, and there comes a whitish matter, and sometimes a kind of greenish colour, and with some their terms are discharged in this way. Now regard should be had to eating and drinking, no strong drink, no salted or smoaked meats, nor heat your blood, and do not season what you eat too high; drink cooling teas, balm, ground ivy, sinkfield, mallad, &c. In the first place take a good dose of salts, or calomel and jal-lap, syringe with blue stone and apple brandy, two or three times a day; and you may take physic of may apple root; make it thus: take one handful of may apple roots, put the roots in a pot and put in a quart of water, boil them very strong, then give one table spoonful, if that does not work, another, and so on until it does work; then take a good handful of sarsaparilla and wild cherry tree bark, then high black berry brier roots, the

Bark of the roots of white sumac, a handful of dogwood bark, half a handful of red oak bark, a handful of the bark of yellow poplar root, a double handful of pine tops, boil them all together until they are strong: take of this three or four times a day, and if ulcers or sores arise, or blubbers, apply red precipitate dissolved in old whiskey to wash with; until and after taking this, purge with salts, and bleed, &c.—or take a handful of dogwood bark, a handful of running briar roots, a handful of yellow poplar bark, a handful of rattle root, a handful of male sumac, put a quart of water to every handful, boil it strong, drink of this often, and let your diet be light; keep from hog meat, salted fish, or smoked meats; take care of getting cold, wet or heating your blood, that is half the battle. You may drink cooling teas; or take a handful of poke root, roast it well in hot embers, and put it in a quart of old spirits, and drink a table spoonful two or three times a day; or take a handful of yellow poplar bark, a handful of sumac root, a handful of dogwood bark, a handful of yellow sarsaparilla, a handful of sassafras bark, boil them well, and drink for your constant drink; make use of flax-seed and comfrey teas when going to bed.

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## RUNNING OF THE REINS.

THIS complaint has often the symptoms of the above complaint, only more liable to run: there is always a weakness in the small of the back; an inward fever; a bad taste in the mouth; in the morning a weakness in the eyes; a burning when you make water, but not cured as with the venereal disease. This disorder may come by overstraining yourself or acting too much in the way of copulation, or an excess of drinking. The matter discharged is white, &c. When this complaint first comes, it may be cured by drinking flaxseed tea, or

take a pill of white turpentine, night and morning, and use the same diet in the complaint above mentioned; and drink comfrey tea often; or take a spoonful of black pepper, a handful of life-everlasting, put a pint of new milk with them, boil them down to a half pint, drink at night and the rest in the morning; take some white plantain, and hang it up in the chimney until it is well dried, and then bind it to the penis, and it will stop the running; or take the bark of prickly ash, the root, the saw dust of light wood and dried horehound, and steep until it is strong, and take a bitter two or three times a day; let your diet be light seasoned; do not concern with woman and you will soon be well.

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## THE WHITE SWELLING—OF THE JOINTS.

THIS complaint is often thought light of, but it is a growing evil; the complaint is so well known that I need not describe but a few symptoms. It generally comes about the joint; and from the bone it seldom ever changes the color of the flesh, but rises to a head, and breaks, if not prevented, which affects the bone more and more, until it rises like a honey comb. But if this complaint is taken in time it is easily removed; but if it gets the mastery, it is not easy subdued; something like a small twig, which is easy bent when young, but afterwards becomes very stubborn.

In the first place take a double handful of dogwood bark, a handful of black haw bark, a handful of ash bark, a handful of white oak bark; and when it is boiled well, take out the barks and put in mullin roots, a double handful, and boil it down to a quart, and thicken it with meal, then let it get cold, and stir in it the white of three or four eggs, then spread the plaister on a cloth, and spread some honey on the plaister and put it on the swelling, let this poultice stay there a day; and take off

that poultice, then boil cherry tree leaves, black haw bark, and dogwood bark, and white ass-smart, boil this well; then take out the bark, and cut up some tobacco fine, and stew it well, then put in some strong apple vinegar, and thicken it in the same way, but put no honey on; after that poultice comes off, give the patient a dose of salts; let the poultice stay on twelve hours if possible; the poultice will make the patient sick, but no danger; then when that comes off, give the patient a dose of salts, or calomel and jallap during this time. If the swelling does not seem to abate, get the inside of the north side of white walnut bark, and the inside of the bark of the root, and beat fine, put in a little strong vinegar and put to the white swelling. This will draw a blister like flies on any part of the body except the stomach. Then when you draw a blister, wash it with new milk, then put on bees-wax and tallow, or take some marsh willow roots, mullin, the tops and roots, boil them strong, take out the herbs, and then put in some burnt dirt out of the back wall, or a dirt oven, and beat it fine; put a little strong vinegar with it, and stir it well together, then put that to the white swelling, this is wonderful to draw it to a head or carry it away.—Blistering on the swelling, and purging is the finest thing in nature; or take the bark of the root of marsh willow, and mullin roots and tops, then when they are well boiled, take them out and put in some burnt dirt out of the back wall or dirt oven, beat it fine, and put in a little strong apple vinegar, and stir them well together; then put this to the white swelling. This is a wonderful medicine to bring it to a head or carry it away: and if it break, make some wetfire and put in it. The wetfire is made thus: Get a peck of ivy leaves, and boil them strong, then get a good quantity of ash bark, the inside, and put it in a pot, and put the pot over a hot fire until it burns to ashes, then soak the ley out of the ashes, and put the strength of the leaves and the ley together, and boil it down to a pint; and put

that in the place once or twice a day, and let it stay on an hour and a half; then you are to put in another salve; the salve is to cleanse the sore and heal the inside; the salve is made thus: Take muscle-shells, burn them well, and beat them to a powder, and let them soak in a little water, then take a half pint of the water, and put a half pint of sweet oil, stew them well together, and put in the sore as above directed. Or make another sort of salve, (if it corrupts and runs much,) that is made thus: Get a double handful of the root of dogwood bark, a handful of yellow sarsaparilla roots, a double handful of black oak bark, a handful of running briar roots, a handful of wild cherry tree bark, a good handful of the bark of the root of sassafras, a handful of persimmon tree bark, get of the north side of the trees, then put them all together, and boil them well a half a day, with increasing the water: then take out the barks and strain it, then put it back in the pot again and boil it down as thick as tar; spread this on a cloth and lay to the sore. This is a wonderful medicine to eat humour, sores and white swellings. If the white swelling becomes very painful, in any stage, take the white of four or five eggs, mix them well with beat brimstone, then spread the poultice on soft leather, and put it on where the pain is; and if it is like to mortify, take some wood dittany and beat it well, put in a little water to make it soft, and bind to the swelling; or beat ground ivy and bind to it; or take a handful of feathers and a roll of brimstone, and a little tar, and put them in a pot, on some hickory coals, and hold the mortified place over this, (but keep the steam from your face); or get horehound, beat it well, and mix honey with it, and apply to the place; or woodbine, dogwood bark, and white walnut bark, boiled and thickened with rye meal, make a poultice and bind to the place, &c. Here is a wonderful salve to carry away a white swelling: Get twelve eggs and a pound of fresh butter, not washed nor salted, and put these together and stew them moderately, and



stir in some rye meal, and let it stew to an ointment, and keep that to anoint with; then heat some oats and put in a bag, and anoint well with the oil, and put on the bag as hot as you can bear it, night and morning; and when it begins to suage, or come to a head, get swamp willows and make a poultice; this has cured many, though it is simple; or put on eight or ten leeches once a day, and gentle vomits two or three times a week. An electric may be used in every case where it can be done; this remedy will frequently succeed. When appearances are unfavorable, then bathe in salt water often, or pump cold water on the knee or part affected, half an hour.— This also cures pains in the joints, and seldom fails. Or pour on it daily a stream of warm water, or a stream of cold water one day, and warm the next, and so on by turns.

This is a full and clear description—and well proven in Garrard county, where I live; and as the complaint is fatal, I have taken all the pains in my power, to give information wherever my book may reach.

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## ON COMMON DISEASES OF CHILDREN.

In our day and time, children are often taken suddenly, and at a surprise, where great attention ought to be paid to clothing, and dry beds, often sunned. Children should have free liberty; keeping children too much confined in the arms of their nurse, and of shutting them up in any one particular apartment; they should be indulged in running about the house or yard; you may take care that they do not climb or go in any dangerous places. But keep them from a heedless nurse, for with them not only their limbs are in danger, but their lives also. This may be pernicious to their morals and happiness through life, which often is the case with the rich, who give the care of their children in the hands of heed-



less slaves. Now, sufficient liberty being granted them, they will of course breathe in a pure air during the day. But I must make a remark on the danger of putting children to sleep in a close room, from which every breath of air is excluded: many promising children have perished in convulsions, by this act of mistaken kindness. As to the clothing of children, it is important that every part of it be made loose and easy. Confinement in this respect must endanger their health, by obstructing the regular motion of the system, and may at length deform them very much. Their dress should be moderately warm, and should be varied with the weather and season. It will be found on observation, that in most instances violent fever and croup, happen to those children who are most healthy, and who of course, are permitted to run about in cold and windy weather, without any change of clothing; a very moderate degree of care on the part of the mother, might prevent much mischief in this respect. In the article of food, children may generally be permitted to indulge their own appetite; if healthy, they will eat more or less for every hour in the day. It is much better for their health to gratify them as often as they request it, than to confine them to any set meals, adopted to the demands of grown people. While they are young milk is the best, and ought to be a principal article of their food. Milk says Dr. Darwin, is the natural food for children, and must curdle in their stomachs before digestion; and as this curdling of milk destroys a part of the juices of the stomach, there is no reason for discontinuing its use; although it is occasionally thrown out in a curdled state. A child of a week old, which had been taken from the breast of its dying mother, and by some uncommon error, had been suffered to take no food but water gruel, became sick, and griped in twenty-four hours, was convulsed on the second day, and died on the third. When young children are brought up without the breast, for the first two months, they should have no food but new milk. It should be weak

ened with a little water, and some loaf, or clean brown sugar, might also be added: but the addition of any kind of bread or flour, is liable to ferment, and produce much acidity, as appears by the consequent diarrhœa, with green stools and gripes. They should never be fed as they lie on their backs; in that position they are necessitated to swallow all that is put in their mouths;—but when they are fed as they are sitting up, or raised pretty much, when they have enough they can permit the rest to run out of their mouths. This circumstance is of great importance to the health of those children who are reared by the spoon; if too much food be given them indigestion, gripes and diarrhœa are the consequence; and if too little, they become emaciated; and of the exact quantity, their own palates judge the best. Most mothers, from their natural tenderness for their infant children, are led to feed them more or less of every article of which they eat themselves. In some instances, it may not happen to do any mischief; but it is always dangerous to oppose the obvious appointments of the God of nature. If we would be guided by the intimations given us of his will, we should never feed our children with solid food until they were supplied with teeth for masticating it. I think no vegetable should be given till they are at least five months old; for with some it passes the stomach clear, and with some it relaxes, and often causes worms.

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### SOME MORE REMARKS

*On children, with descriptions of disorders, and the symptoms of an attack, that may be known if strictly attended to before hand. Advice according to all complaints that are not seated, &c. &c.*

IT is common for parents to be wholly dependent on physicians for the relief of their children, whenever they

are sick. In difficult and dangerous cases, it certainly is best to procure the most judicious advice; but as no one can be so deeply interested in the health and happiness of their children as the parents themselves—it follows, if they have the necessary information, that they must be the proper persons to prescribe to their complaints; the truth of this may hereafter appear. If parents could know the symptoms of a violent attack of fever, by being continually with their children, they might always be apprized of their first disposition to disease. This circumstance would be very important; since a disease of whatever kind, is most easily removed in its forming. Nay more, a very simple system of medical knowledge would answer this intention; any person of common understanding might easily execute. But a fixed disease is ever difficult of management, and may not only perplex, but baffle the most skillful physician. Besides, there are diseases which require immediate assistance: the croup for example, frequently carries off the patient so speedily, as not even to admit of calling in a physician, from the distance of one mile. To prepare the heads of families for this important trust, would indeed, be a great performance: it may not be accomplished in half a century. But every attempt, however feeble, if well directed to this great end, demands the attention and gratitude of the public, and private families in this state. On the other hand, there are some people that do not expose their beds to the sun as often as they ought; this should be done twice a week. And there are some, who, through ignorance of the ill effects that it brings, suffer little ponds of water and filth to stand in their yards, or under their houses, for months together. Such often pay very dearly for their want of cleanliness. I have seen some that produced the most malignant diseases in nature, and it is often the case, &c,

## SOME HINTS

*To enable parents to determine whether their children are particularly subject to disease, and if disordered, to judge of the violence of the attack, and being particular, not to be deceived.*

Parents should be particularly attentive to observe their children minutely, in all their actions and habits, &c. They should observe the common extent of their appetite, so that any considerable excess or deficiency in their eating, may not pass unnoticed. This will be of use, since a considerable change in one of these respects almost always takes place before a spell of sickness.—Attention should be paid to their stools. Unimportant as this might at first appear to the inconsiderate, yet a costive habit generally precedes an attack of fever; the degree of exercise and the agility with which it is performed, deserve particular observation; for all fevers are ushered in with a degree of slothfulness, a sense of weariness, and with children a more than usual disposition to sleepiness, &c. To see by noticing whether any of the foregoing circumstances take place, after having been exposed to unusual weather, or seasons of foggy dews, or greater than ordinary fatigue, or if the place or season be sickly. By having regard to these circumstances, there will be the less danger of being taken at surprise. It is generally the case, that some complaints of lesser magnitude go before and give warning of the impending danger: as costiveness, a sense of weariness, dulness of the faculties, preternatural appetite or defect of it, a pain in the limbs, &c. When these marks of forming disease, present themselves, a puke or purge timely administered according to circumstances, might frequently prevent great mischief. Indeed, in many instances, simply bathing the feet in hot water and taking a plentiful draught of warm tea of some kind, on going to bed, might prevent an attack of fever, especially if the patient is not in a costive habit. This last

circumstance may be considered in most instances, requiring the exhibition of a purge of some kind, as also great sickness of the stomach might point out the propriety of a puke. But it will also be important for parents to be able to judge of the violence of the disease. In case of an attack, they should, therefore, frequently observe the strength of their children's pulse, when in health; its kind of motion, the force with which it seems to propel the blood along; its apparent size; its lightness as to its extension lengthways of the arm; its fulness, &c.

A knowledge of these circumstances attending the pulse, will be very important in particular cases, especially where bleeding may be necessary; for this operation cannot be proper unless the pulse be either strong and full, or tight; at least judicious advice should be had in cases, with other states of the pulse. They should also have regard to the manner of breathing in a healthy child; to the state of his skin; the appearance of his eyes; the complexion of his teeth; the colour and degree of moisture of his tongue; the proper figure and appearance of his mouth and throat. For as the violence and danger of a disease are always in proportion to the irregularity presented in these circumstances and appearances, it must be important to obtain a correct knowledge of them all. To apply these remarks in a case or two, let it be observed that children are subject to some of the most violent diseases. If a child, after exposure to cold, be taken suddenly at night when warm in bed, if the pulse be strong, full and tight, if it beat forcibly in the neck, if the face be flushed with blood, while there is great heat and thirst, if he breathe irregularly with a stoppage at every breath, have a cough, and particularly if he expresses an increase of pain, on pressing his side with the hand, a pleurisy should be suspected, and he should be immediately bled; and this operation should be repeated again and again, as often as the violence of the symptoms require. It may be observed, that a large bleeding at first is better than smaller ones repeated.—

It should be so large as at any rate to change the manner of his breathing, and lessen the pain; the blood should be drawn from a large orifice. After a copious bleeding, let three grains of tartar emetic and twenty grains of salt petre be dissolved in one gill of water, and give a tea spoonful of this solution in barley water or flaxseed tea, or any other mild drink, a little warmed, every one, two, or three hours; it will moderate the cough, and remove the fever. If it nauseate too much, the dose should be lessened; as this calculation would suit a child of four or five years old; the quantity of tartar should be varied according to circumstances. In the mean time, his bowels should be evacuated with a little manna, cream of tartar, castor-oil, or some other mild purge. Glysters might also be of service. Again, if the child complains of pains in the head, attended with redness of the eyes and face; if the admission of the light to his eyes seems to excite uneasiness, or pain; if he startles at every noise; be very watchful; sometimes making violent struggles, and a full and tight, or hard pulse; inflammation of the brain should be suspected.

In this case, the child should be copiously bled; purged with jallap and calomel and glystered; his head should be considerably raised; cloths wet with cold water and vinegar, should be applied to his head. And after bleeding and purging, a blister should be applied to his head, (shaved for the purpose) or to his two temples.

I have introduced the above cases in this place, because more or less of those symptoms, indicating danger to the lungs and brain, frequently occur, in measles, whooping cough, and other diseases of children; and because it is important, that these parts of the system, so essential to life, should be properly guarded; whatever may be the supposed complaint, whether it may be owing to the greater proportionate size of the head, and the more delicate contexture of the lungs in children; or to whatever cause it may be attributed, it is a fact, that



in all fevers, there is a greater determination of the blood to the brain and lungs in children's cases, than in those of adults.

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## A FULL DESCRIPTION OF WORMS IN CHILDREN, &c.

The symptoms pointing out the presence of Worms are various, and are the following, to-wit: Grinding of the teeth, starting in sleep, a dry cough bringing up a frothy spittle, sighing, and suffocating manner of breathing, pain in the side, hiccough, heart burn, vomiting, lax, sudden urgings to go to stool, costiveness, slimy stools, night sweats, sour breath, flushing of one cheek, itching of the nose, an excessive appetite, lying much on the belly, a swelling of the partition of the nose and of the upper lip, the actual voiding of more or less worms, a wasting away of the limbs and the whole body, jaundice, head-ache, deadly snoring in sleep, convulsions, &c. &c.

Our first care should be to prevent the dangerous effects of worms; and there are various articles of food, which will answer this intention. "Nature," says Dr. Rush in his medical enquiries, "has wisely guarded children against the morbid effects of worms, by implanting in them an early appetite for common salt, ripe fruits and saccharine substances, all of which appear to be among the most speedy and effectual poisons for worms." Ever since I observed the effects of sugar, and other sweet substances, upon worms, I have recommended the liberal use of all them in the diet of children, with the happiest effects. The medicines proper for the removal of worms, are common salts; this may be given in doses of thirty, upon an empty stomach in the morning, and is an excellent remedy. Sugar or molasses in large quantities, so that they may pass out



of the stomach without undergoing any material change from digestion; in smaller quantities they may destroy worms in the stomach only. The pressed juice of onions and garlic are said to be considerably efficacious against the excess of worms. Gunpowder, a tea spoonful to be given in the morning upon an empty stomach; perhaps three-fourths of the same quantity of salt petre would answer just as well. Carolina pink root: If this article be properly used it is a certain remedy; about half an ounce may be gently stewed in half a pint of water, 'till its strength is properly extracted; then let the decoction be strained and well sweetened with sugar or molasses, and give one-fourth of it every two or three hours, to a child four or five years old. I have generally thought it best to add to each dose, about one-eighth of an ounce of manna. The importance of this addition will appear when it is remarked, that the pink-root is poisonous, and if given in too large quantities, kills the child to whom it is given. Aloes, four to six grains; rhubarb, eight to fifteen grains; Jesuits bark, bear's foot, worm seed; these are all said to be good worm medicines; calomel, this is an excellent and safe remedy, whether given by itself, or combined with jallap. It is most effectual, however, when given in large doses: from four to eight grains, might be given to a child of four to six years old. 'But of all the medicines that I have administered,' says Dr. Rush, 'I know of none more safe and certain than the simple preparation of iron, whether it be given in the form of steel filings, or of the rust of iron; if ever they fail of success, it is because they are given in too small doses.' I generally prescribe from five to thirty grains every morning, to children between one and ten years old. I have been taught by an old sea captain, who was cured of a tape worm ten feet and a half, by this medicine; give from two drachms to half an ounce of it every morning, for three or four days, not only with safety, but with success.

I generally give it in honey, or take a piece of alum as big as a bean, and beat it fine, and mix with honey for three or four days.

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## THE DESCRIPTION AND MANAGEMENT OF WORMS IN THE LAST STAGE.

A CHILD may be known to have the worms by chillness, paleness, hollow eyes, itching of the nose, starting in sleep, and an unusual stinking breath. It is not considered that children that live on milk are troubled with worms much. Now to loosen the worms: boil a half an ounce of aloes, powdered, with a few sprigs of rue, wormwood, and camomile, in half a pint of gall, to the consistency of a plaister; spread this on thin leather and apply to the stomach; changing it every twelve hours for three days; then take a dose of jallap. and it will bring vast quantities of worms away—some bursted and some alive. This will cure when no internal medicine avails, &c.—Or get a good chance of garlic, and beat it fine, to have a poultice and bind to the belly every full and change, and in three times doing you will find a wonderful effect. A child that the doctors had give out, and the child lay like a dead person, this was tried with joy, for there came upwards of one hundred and twenty, little and big. But I think it best to get a large red onion, and cut a hole in it, put in some fine brimstone, and roast it well, get the juice of it, and take before and after the poultice, night and morning; let their diet be as light as possible. Or take a spoonful of the juice of lemons, or two spoonfuls of nettle juice, the bark of open peach tree, about a handful boiled in a quart of water to a pint, and take a half gill, from four years old to fifteen; if you peal it down it will purge; if you peal it up it will vomit. If worms come in the throat and stomach, take a little indigo and water, it will sink them

instantly; or bind these red fishing worms alive to the navel; this is said to be wonderful; or take a piece of copperas as big as a pea, and give to a child two or three years old, in a little new milk; beat up and bind worm-wood, rue, fetherfew, tansy and beef's gall, to the belly as a poultice, &c.

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### DESCRIPTION OF THE TAPE WORM, &c.

THIS is a melancholy and sad complaint, which makes a person suffer a great deal of misery often in the limbs.

The main seat of the tape worm, is the pit of the stomach, often makes them have a craving appetite;—and sometimes the victuals turn sour on the stomach, and pains often times in the stomach, with a great heat in the stomach, like a heart burn. The tape worm is flat, and very long and full of joints, is of a clear white colour. But the round and short worm, they generally are seated in the end gut, and causes a disagreeable itching about the seat. The long round worms, occasioned with vomiting and a disagreeable breath, gripes, looseness and swelling of the belly, and loathing of food—at times a dry cough and convulsions, and sometimes an alteration of speech. These and the tape worms, have nearly the same symptoms; and it is my opinion that the greater half of mankind dies with worms, and is taken to be other complaints. To know the complaints is half the medicine; except the medicine is applied to suit the complaint, it loses its virtue, augments the di-order, and flings the patient in a worse situation. For instance, an axe is made to cut a tree, and a mattox is made to grub, take the mattox to cut, and the axe to grub, and see what way you will make. So it is by contrary medicine.

Now concerning the tape worm: Take a double handful of pine tops, nine star roots, a gallon of hard cider, and a good chance of rusty iron; boil this to a pint, and take a table spoonful three times a day; and fifteen drops of laudanum, going to bed, or take four or five drops of turpentine, and beware of getting wet; put a bladder of new milk as hot as you can bear, at night going to bed, on the pit of the stomach; or get a vial of hollamus oil, and take these drops twice a day. This is a Dutch medicine; the name of it is printed callemillical. This medicine is good for fits; but keep from hog meat, and clear from spirits. Here is another medicine: Get a handful of the bark of the root of the north side of the mulberry, and boil it in a gallon of new milk; take this for three days, before the full, and three days before the change, for three moons, and the lighter the diet the better. I never knew this fail; when it is boiled it is like beaslens. Or puke with tartar, and drink a bitter of the bark of the root of cucumber, and the bark of the tree, and the cucumber seed, and the butterfly root; drink of this three times a day, &c. &c.

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I HAVE given my friends and well beloved, as clear a description as lies in my power, and as far as my knowledge leads. I allow midwives, doctors, and all other professions to pursue; and if they pursue further the work is damaged; but if the workmen stop when they have gone as far as their knowledge leads them, and do not try experiments, and send for a greater workman, and he tries his skill, the work is neat. For Christ says, "that a king will keep his palace till a stronger than he comes, and takes it from him." So he that fears God, and has a regard for man, will go no farther than their knowledge leads them. But I have seen in my travels, some that would come to the sick, and give a little medicine, and keep the patient lingering, until, with their

rough butchery, often times they hardly recover; and if the patient lived or died, they were as greedy after their money as hungry vultures after their prey; not having the fear of God before their eyes; not thinking they have to die themselves. We know this is a serious point, by woful experience; for many have been the cries of the widow and the orphans in this way, in my opinion.

And further than this—I have a desire to talk to the midwives, without offence, when it is granted that there are some women skilled in the art of midwifery. The known liberality of the ladies, will indulge me in a declaration, that most of those who make pretensions to this important profession, are exceedingly ignorant and self conceited. A great proportion of them have been introduced into the practice, by being caught, as they commonly call it, with some one or more women.—Their known ignorance forbids them to be officious; and nature unassisted, or rather uninterrupted, performed her own office: properly the success in each case, unjustly attributed to the attending woman: encouraging others to employ her, she is presently considered a deep proficient in the art: her vanity keeps an equal pace with the fame of her skill; and in a little time she affects considerable knowledge of most diseases; is dubbed a mighty doctress, and not unfrequently has the address to impose her fanciful prescriptions upon a whole extensive neighbourhood. I have no wish that all should be forsaken; by no means—expediency, and their popularity forbid: but it is right to demand of them submission to their own proper station; for as often as they exceed their due bounds, they do violence to the laws of God, and the cause of humanity. Within the limits of a certain sphere, they might be useful and respectable. If they would extend their usefulness, let them first learn how little knowledge they possess, that they may exert themselves in making more extensive attainments.—There is no doubt that all wish their services to be ben-

eficial; or that many are reluctantly drawn into the practice. But however good or humane their intention, it often is to get the applause, and often does great damage to their neighbours' wives; and except they quit the work when their skill is out, they will spoil the work as I said at first. So let a greater, a stronger than them take the place. As I close one thing, I will propose another: If I have said wrong, show me my error, and I will ask a thousand pardons.

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## THE MESENTERIC FEVER.

THERE is another disease which has its principal seat in the intestinal glands, and may therefore be proper enough admissible in this place. It is a fever excited by obstructions in the mesentery; from which circumstance it has its name. Children are subject to it from infancy, up to the age of three or four, or even six or eight years. This fever remits, and sometimes has irregular intermissions, attended with a loss of appetite, swelled belly, and pain in the bowels; and has often been mistaken for worms. If, therefore, the usual remedies for worms should fail, the child will sooner or later be affected with indigestion, costiveness, or purging; irregular appetite, flushed cheeks, or total loss of colour. impaired strength and spirits, remitting fever, a hard swelled belly, and emaciated limbs. These symptoms, will therefore, sufficiently specify the disease; it frequently follows measles, and other eruptive fevers. Children that are confined to coarse and unwholesome food; are badly clothed; not kept sufficiently clean, specify the disease. It frequently follows measles, and other eruptive fevers, or those neglected so as not to receive sufficient exercise, are most subject to its attack. Hence the negro children of the southern states, frequently perish with this fever.



When any symptoms of this destructive disease present themselves, inquiry should be made into the manner of feeding, clothing and cleaning the child; and every error in the articles must be corrected; and if the patient has not too long laboured under its influence, frequent purging with calomel will of itself perform a cure. In more advanced stages of this complaint, it would be best to call in the aid of a physician; but where this is impracticable, proceed to give the following bolus three times a week: Take calomel, two grains; ipecacuanha, from half a grain to one grain; nutmeg or ginger, powdered, (six grains,) to be mixed up in honey syrup, for one dose for a child from two to four years old; fifteen or twenty drops of antimonial wine may be given the intervening nights where the calomel is not used.— Having continued these remedies till the fever is removed, hardness of the belly subsided, &c., then the strength of the patient should be restored, bark, steel, cold bath, bitters of columbo and orange peel, or camomile flowers, &c. Gentle exercise, friction, light nourishing food, &c. All greasy or fat articles should be avoided, as also those preparations of pastry, which are often of a clammy nature, &c.

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## THE HOOPING COUGH, OR CHIN COUGH.

THIS disease commonly falls upon a whole neighborhood about the same time, and is therefore said to be epidemic. It is manifestly contagious; it affects persons but once in their lives. Children, therefore, are most commonly the subjects of it; sometimes, however, it occurs to persons considerably advanced in life; but grown persons, and those who are elderly in proportion to their age, are less liable to be affected than children, and youths growing up. This complaint at first puts on the appearance of a common cold; and Dr. Cullen

makes mention of instances which never assumed any other shape than that of a cold, although they were obviously the effects of this contagion. But this is not commonly the case; generally in the second week, or at farthest, in the third, the convulsive motion that gives the name to this disease, manifestly shows itself, and is commonly called a hoop; this hoop, together with the circumstance of the general spread of the disorder, sufficiently distinguishes the chin cough. Says Dr. Darwin, it consists in an inflammation of the membrane, which lines the vessels of the lungs; the whole of the lungs are probably not infected at the same time; but the contagious inflammation continues gradually to creep on the membrane. This opinion seems to account very well for its long continuance—which is from one month to three, and sometimes much longer. This complaint is not usually classed among febrile disorders, but a fever may generally be perceived to attend it during some part of the day, especially in weak patients; and a general inflammation of the lungs frequently supervenes, and destroys great numbers of children. Except the lancet or four or six leeches be immediately and repeatedly used, when the child has permanent difficulty of breathing, (which continues between the coughing fits)—unless blood be taken, he dies in two, three or four days, if the inflammation of the lungs, during this permanent difficulty of breathing, the hooping cough abates, or quite ceases. Many have been deceived by this circumstance, unfortunately supposing the child to be better. But after once or twice bleeding, the cough returns, which is then a good symptom, as the child possessing the power to cough, is relieved, and once more breathes with ease.

The remedies in this disease, are gentle vomits of tartar emetic; this article should be given in small doses, frequently repeated, till it produces the intended effect; mild purges repeated until they produce a looseness in the bowels; and open blisters to be frequently repeat-

ed; they may be applied to one or both sides of the breast. Warm bath: this is an excellent remedy where the cough is violent, and the child much exhausted. In every instance where there is difficulty of breathing between the fits of coughing, the only safe remedy is copious bleeding; if this be neglected or omitted, the child may die. Young children should lie with their heads and shoulders raised, and should be constantly watched day and night, to prevent them from strangling in the cough. A little bow of whalebone or elastic wood, should be used to extract the phlegm out of the mouth of infants. The application of a handkerchief to their mouths when in the act of coughing, might suffocate them. After the disease has continued some weeks, and especially if the patient be much reduced, the following dose, calculated for a child three or four years old, may be useful: Say calomel, one sixth part of a grain, rhubarb, two grains, to be combined and repeated twice a day; but opium will be very pernicious as long as blood-letting is proper. Towards the close of the complaint all feeble patients should be taken out on horseback. This is a most excellent remedy, &c.

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### THE MEASLES, &c.

THIS disease is epidemic; it depends on a specific contagion, and occurs most frequently in children; no age, however, is exempted from it, if the person has not been subjected to it before. It commonly first appears in the month of January, and ceases after the middle of summer; but by various accidents, it may be produced at other times of the year.

The symptoms are nearly as follows: The disease always begins with a cold chill, which is soon followed by the usual symptoms of fever, as thirst, heat, loss of appetite, anxiety, sickness and vomiting, and these are more

or less considerable, in different cases: in many instances, the fever for the first two days is inconsiderable; and in different cases, sometimes it is violent from the beginning, and always becomes violent before the eruption appears. This fever is always attended with hoarseness; with a frequent hoarse, dry cough, and often with some difficulty of breathing; the eyes inflamed and watery; there is a discharge from the nose, with frequent sneezing; in most instances the patient is drowsy in the beginning; the eruption commonly appearing on the fourth day: first on the face, and successively on the lower parts of the body. It shews itself first in small red points, which collect together in clusters on the face, and where they are easily perceived to be a little elevated by the sense of touch; but they can scarcely be felt on other parts of the body. The redness of the face continues, and sometimes increases for two days. On the third day, the vivid redness is changed to a brownish red, and in a day or two more, the eruption entirely disappears, and is followed by a branny scale. During the whole time of the eruption, the face appears full, but not much swelled; some times the fever disappears as soon as the eruption takes place. But this is seldom the case. More commonly it continues, or is increased after the eruption; and in some instances, even after the branny scales appear. As long as the fever exists in a considerable degree, the cough continues, and that generally with an increase of the difficulty of breathing.— Sometimes an inflammation of the lungs takes place; this is a very serious circumstance when it occurs, and ought to be specially observed.

All the above symptoms admit of very great variation; and in some cases, there will be in addition to them, soreness of the throat; spitting blood mixed with phlegm coughed up; gripes, diarrhoea and bloody stools. I suppose that fourteen days intervene between the time of receiving the infection, and the appearance of the disease. It may be well to observe, that the eruption does

not invariably appear on the third or fourth day, but varies even to the eighth; neither does the eruption disappear invariably on a certain day, nor in an unchanging manner; nor is it always followed by the branny scales. The fever attending the measles, is in most instances of the inflammatory kind; but by improper management or neglect, as well as by the predisposing circumstances attending the patient, it may assume a different form.

The remedies to be employed in this disorder. Blood-letting: this is always necessary when there is a full pulse, attended with great pain and violent cough; and that too in every stage of the disease, whether before or after the eruption takes place; or even after the eruption has entirely disappeared. Vomits: a dose of ipecacuanha will generally remove the sickness at the stomach; soothing drinks, such as barley water, balm tea, flaxseed tea, cider or vinegar mixed with water, or apple water, dried cherry water, &c. These moisten the throat, and afford much relief. Blisters after sufficient evacuation by bleeding; otherwise blisters may be applied to the neck and sides; they prevent injury to the lungs. Opiates; if the pulse be soft, and the patient labours under the distressing symptoms of the diarrhoea and cough, opium may be used, not only at night, but at any time during the day. In most instances, if the patient be kept cool, and take opening and cooling drinks, &c.; if he be bled when the symptoms are violent, as also about the time the measles disappear, or when the branny scale presents itself, and if his bowels be opened on the third and fourth day of the eruption with cream of tartar, flour of sulphur, manna, or the like; little else will be wanting, especially in children's cases. Here, let it be particularly observed, that in every instance, where the eruption seems to take place with difficulty, and where the pulse is full, and with other marks of great fever, all spiritous liquors and other heating medicines, are highly pernicious; in such cases frequent bleeding would

be much more proper. It may be useful also, to observe, that there is a fever which sometimes takes place during the prevalence of the measles, very much resembling that disease, even assuming the appearance of an eruption. But persons are still liable to take the true measles, after having been subjected to this disease; it is sometimes attended with symptoms of the croup, that is to say, the hives; and in that case, the treatment must be the same, as if croup were the original disorder; in all other respects the remedies useful in measles might be employed in this kind of fever. Patients when recovering from the measles, are frequently subject to diarrhoea; this uncomfortable symptom, may be removed by moderate doses of opium, frequently repeated. The drinks recommended above will be of great use. Sore eyes sometimes follow the measles; these are to be cured by blistering the temples, and back of the neck, and washing the eyes with a weak solution of white vitriol. A cough and fever frequently attend for some time after the eruption disappears: these are to be relieved by a vegetable diet, warmth, and gently riding out in the fresh air. When the measles are expected, it will be found beneficial to prepare for them, by living chiefly on milk and vegetable diet, and by avoiding every kind of spirits, &c.

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### FOR THE CROUP, OR HIVES.

IN this disease, Dr. Rush makes two important distinctions; the first is attended with spasm and a dry cough; the second is without spasm, and the patient under its influence, is able to cough up a considerable quantity of phlegm. The spasmodic croup comes on suddenly, and that generally in the night; has frequent and perfect intermissions of the symptoms for hours, and sometimes even for days; is attended with a dry cough



as above, and is at last particularly relieved by the warm bath, assaetida, opium, &c. To be more particular, the child will probably go to bed in perfect health, and in an hour or two wake in a fright, with his face much flushed, or even of a purple color, he will be unable to describe what he feels; will breathe with much labor, and with a peculiar convulsive motion of his belly; his breathing will also be very quick, attended with a sound as if he were threatened with a speedy suffocation; the terror of the child increases his disorder, and he will cling to the nurse, and if not speedily relieved by coughing, belching, sneezing, vomiting, or purging, the suffocation will increase; the child will die. It is remarkable that the cough in this disease very much resembles in sound the barking of a young dog. There are also, during the continuance of the disorder, frequent eruptions of little red blotches on the skin, which for the time, seem to afford relief; and this eruption will sometimes appear and disappear, two or three times in the course of the complaint. For the cure in this first distinction of the croup, the remedy is bleeding: when the difficulty of breathing is great, the face much flushed, or when the patient expresses much pain in coughing, this remedy is absolutely necessary, and should be repeated as often as may be requisite. For subduing these symptoms, vomits, from five to ten grains of ipecacuanha, with two or three grains of calomel, may be given to a child from two to four years old; or half a grain of tartar emetic, with three or four grains of ipecacuanha; or five grains of ipecacuanha with two or three grains of turpeth mineral, or a tea spoonful of antimonial wine, or a spoonful of a strong decoction of seneca, called also rattle snake root; every dose used, it should be repeated till the intended effect is produced. But bleeding ought first to be performed. Purges: jallap, and calomel, from five to ten grains of the former, with two or four of the latter, may be given to a child, of three to five, or six grains, or jallap eight to twelve grains, or castor oil; but this is scarce

ly active enough for so violent a disease; the warm bath may be used either before or after the bleeding; but it will be most effectual after the evacuations, and ought to be repeated daily for some time. Glysters: milk and water, or chicken broth, or thin gruel may be used for this purpose; and in some instances, where the spasms remain after bleeding, &c. fifteen drops of the tincture of opium may be occasionally added to the injections; ten to fifteen grains of tartar emetic dissolved in half a pint of thin gruel or chicken broth—water is an excellent injection. Blisters will be found very servicable, after the evacuations of bleeding and purging; these may be applied to the back part of the neck, or to the side of the patient; when blisters are properly admissible, opium, assafœtida, &c. may be used with safety.

The second distinction of this disorder is attended with symptoms very similar to those of the first; but may be known by its coming on gradually, and that commonly in the day time; by its continuing and frequently increasing for several days without any remarkable remission, or even abatement of the symptoms, by the discharge of phlegm, from the windpipe by coughing; as also by the appearance of slime in the stools, and lastly by its refusing to yield to the warm bath, opium, &c. &c.

The remedies proper in this kind of croup, are as before, but with some variation: Bleeding when the breathing is difficult, the face flushed, the pulse tight, &c. Vomits, as under the first distinction. Purges.—But in this case calomel only should be used. The principal dependence should be placed upon this medicine. A large dose should be given as soon as the disorder discovers itself. Six or eight grains to a child four years old; afterwards smaller doses should be given every day, so long as any of the symptoms continue, from two to four grains might answer this intention. It is important that relief should be afforded. The first attack of this violent disease, if neglected, it will be fa-

tal in almost every instance, &c. I often have found benefit from this medicine: That is, get an egg, or the white of an egg, and a piece of alum as big as a partridge egg, and beat it fine; take the same quantity of beat brimstone, mix them all together, and take the clear water that comes from that, and give them a little now and then: This will drive them out immediately. Or scarify them between the shoulders and catch the blood, and mix with breast milk, and give them to drink. This has relieved many in the hives.

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### THE PUTRID SORE THROAT, &c.

THIS is a fever from contagion. It generally appears in autumn, from September to December. Children and women are more subject to it than men; and persons with black eyes are more subject to its attack than others. More boys recover from it than girls.

It generally follows moist, wet and hazy weather.—The principal symptoms attending it are great weakness, slight irruption, weak, a quick pulse, and ulcers in the throat; delirium, especially at night; diarrhoea, inflamed and watery eyes; a flat and rattling voice; the ulcers and sloughs in the throat are of a whitish, ash colour, and the breath of the patient is very offensive to the smell.

The remedies are pukes: say ipecacuanha. ten grains, and calomel, four grains; to be taken together as a dose for a child eight or ten years old; bark, wine, and cordial aliment; the bark should be given in substance, but if that be impracticable, a decoction may be substituted; port wine should be preferred; if wine cannot be had, a decoction of Virginia snake root, commonly called black snake root, is a tolerable substitute; chicken broth is the best diet, and should be used as early as possible, in the disease; blisters should be applied to the neck and throat; but blisters drawn in this disease,

should never be dressed with colewort leaves; some kind of mild ointment spread on fine linen, should be preferred for this purpose: knead together oil, five parts, and beeswax, one part; the mouth and throat should be washed with barley water, or very thin gruel, to which should be added a little vinegar and honey, and if convenient, a portion of the tincture of myrrh.—Sixty or eighty drops of the tincture of myrrh might be added to half an ounce of the gruel, &c.; or if the myrrh cannot be had, as much calomel might be added instead of it, as may be sufficient to turn it of a whitish colour. I have found great benefit from frequently washing the mouth and throat well with the following mixture: take salt petre, half an ounce; and borax, one quarter of an ounce: the whole to be dissolved in one pint of water, and sweetened with honey. I have used it successfully in a number of cases, without any other topical application. The steam of vinegar and myrrh received into the throat by the help of a funnel, is sometimes beneficial. I have done wonders by this machine—that is to get a handful of comfrey, a handful of alle-compain, boil this well in fresh spring water, then take out the root, and put in a quart of hard apple cider and a pint of honey, and receive the steam in the mouth with a funnel or coffee pot, and bind a slice of wheat bread wet in brandy on the top of the head; and make a plaister of tallow and bees' wax, and bind to the throat; this remedy is wonderful; this plaister put to the throat will take up the palate of the mouth when it is down; and tie the middle curl of the top of the head, will do the same; or black pepper laid on the top of the pint of a case knife, and put to the palate, will fetch it back.

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### A CAUTION TO THE LADIES, &c.

I SHALL quit with children's complaints, until the last of this book, and give the married ladies a caution:

perhaps others may need the same; for when any use copulation, married or single, and they do not pay due attention to their former work, she in a little time receives the symptoms of conception; they become languid and sick; and then run to the doctor in haste, replying I am sick; the doctor not knowing the circumstance; and she for want of this due care, ought to take this but little better than the murderer of her own child; though she intends it not, for after conception, when the doctor enquires, and he knowing nothing but what she tells him, he gives her a strong cathartical portion, which destroys the conception. And there are some out of foolish bashfulness, though they know they have conceived, yet are not able to face the doctor, or tell the circumstance; though they might be instructed to order themselves accordingly. Those that are so coy in time learn to be wiser; and for the sake of those that are ignorant, I shall set down the signs of conception, that a woman may know whether she be with child or not, &c. &c.

### SIGNS OF CONCEPTION, &c.

ON various accounts it is considered necessary for married ladies to know when conception takes place.—This point is not easily ascertained; yet by proper observation, most women may obtain a knowledge of it, sufficient to answer every necessary purpose. Many changes take place through the state of pregnancy;—these I will state, with the degree of certainty ascribed to them: the breasts are commonly more or less affected; they are in some degree enlarged, and at the same time shooting pains are felt in them. As this enlargement advances, the dark coloured ring which surrounds the nipple, sometimes puts on a deep hue; some unusual sensations will also be felt around the region of the womb; but neither of these marks are to be considered infallible and necessary; because there are frequent



instances in which they do not occur at all. Another appearance is the rising of the navel: the little cavity this makes gradually fills up so as to become an even surface; this is a pretty common and almost certain mark of pregnancy. The stomach is affected with great sickness, followed with vomiting and heart burn; loss of appetite and indigestion. This is a very general symptom; the bowels do not escape the effects of this grand revolution that commonly takes place. Those who have been habitually costive, will be troubled with a looseness, and those subject to diarrhœa, will mostly become costive.— But as those changes do also attend the time of menstruation, they are not certain evidences of a state of pregnancy; a feverish disposition attended with weakness and a loss of flesh, frequently affects those women, who were before in pretty good health. But this is by no means universal, because there are some who fatten and become more healthy than at other times. In some instances an universal fretfulness and impatience take place. If these tempers are not indulged in health, and befall you merely as symptoms of pregnancy, your husband and friends will meet them with compassion;—resentment would indeed be cruel and unpardonable.— The head seldom escapes complaints, it is commonly so affected as to produce pain, giddiness, dimness of sight, sleepiness, and in some instances, though rarely, convulsion and palsy. Sometimes a strange fluttering at the heart is felt, which gives needless alarm as it implies no danger; and entire suppression of the menses attends almost every case of pregnancy. But as suppression may be brought on by other causes, this cannot be an infallible mark; difficult, and even painful evacuations of the urine must not be omitted, because they frequently take place. A peculiar loathing of animal food, and particularly of some favorite dish, is a very common symptom. Some new passions sometimes spring up; this, whenever it is the case, is a very certain mark. Doctor Rush, in his lectures, at the Penn-



sylvania university, gives an instance of one lady, who felt a strange inclination to theft, every time of her pregnancy: at some time of gestation, the child will move itself so strongly, as to be felt by its mother.—The perception of this motion is called the quickening: most women suppose that this circumstance takes place at a certain and invariable stage of pregnancy; but in fact, it varies from the end of the tenth to the twenty-fifth week; the most common time, however, is about the sixteenth: at this time a few drops of blood pretty generally appear without injury; with the delicate, in the first time of their pregnancy, the quickening frequently excites considerable agitation, with a fainting and hysterics. For a woman in this case, if there is vomiting, and it should happen only in the early part of the day, and is not too violent, although an inconvenience, it will seldom be injurious; indeed it will generally prevent the vomiting by applying a puke; but when the vomiting is violent, in a case where there is a full habit of body, it is often necessary to let blood, from eight to ten ounces from the arm; after the bleeding, and in cases where, through weakness of the patient, no blood can be spared, the vomiting may be removed by some of the following remedies: Magnesia, two tea spoonfuls in a cup of peppermint tea, to be repeated every one, two or three hours; salt of tartar, twenty grains, lime juice, or good vinegar, half an ounce, spring water one and a half ounces, common sirrup, a spoonful to be speedily mixed together, and taken while in a state of effervescence; it may be repeated once in three or four hours if necessary; or elixir vitriol, fifteen or twenty drops in a little water, or weak spirit and water, made pleasant with sugar, to be repeated several times in the day; or an infusion of colombo or cammomile in orange peel, in boiling water; the colombo is thought most effectual; it may be so managed as to take from ten to twenty grains for every two or three hours if necessary; or where the vomiting is excessive, opium from half a

grain to a grain, to be repeated every one or two hours, till the complaint abates, &c. Or in many instances, a cloth folded so as to be four inches square, and moistened with the tincture of opium, and applied externally to the region of the stomach, gives great relief. Where there is great and distressing efforts to vomit without any evacuation, it will be proper to make use of small doses of ipecacuanha, from ten to twenty grains, according to circumstances, and to be repeated as often as it may be found necessary; there is no danger in administering a gentle puke to a pregnant woman, &c. A change of posture, whether from lying down or sitting up, or the contrary, ought to be brought about in a very gradual manner. Simple as this direction may appear, it will be attended with considerable benefit. Some find relief from the sickness of the stomach by chewing fresh hard biscuit, laying much of their time in bed, taking fresh air, riding out on a pleasant gaited horse, or in a carriage, eating at sick times, and so often, as to avoid an empty stomach, whether day or night; and for this purpose some have used ginger bread with advantage.

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### FOR THEM THAT THIRSTETH TOO OFTEN, &c.

IF you wash the mouth with vinegar often, and spitting it out again presently, quencheth the thirst of one that is dry. The reason that so many are sick, and those that overheat themselves are hurt, and are in danger of their lives, is because the palate of the mouth, which is the seat of thirst, is not cooled before the stomach is overpowered, &c. A great many endanger themselves by putting on damp clothes; you should lie on clothes a night or two, before putting them on, or burn corn meal, and hold the clothes over the smoke a while, &c.

## FOR THE HYSTERICs, &amp;c.

MISSES are sometimes subject to hysteric affections, about the time of their first menstruation. This is an unfortunate circumstance, whenever it occurs, inasmuch as such will be liable to them for many years afterwards. A complete cure of this disease is seldom obtained; but there is some ground to hope for a recovery, if the proper remedies be employed on the first attack; or before it is deeply rooted in the system. This truly distressing complaint, puts on a great variety of shapes; it is called a proteus of diseases, imitating almost every disorder to which the human body is subject. But I shall confine myself to the description of those symptoms which are most remarkable; the principal and discriminating marks are the following:

A peculiar kind of suffocation: this generally begins with a perception of a globe or ball rolling round, seemingly among the bowels, and rising up to the stomach and throat, and there inducing strangling. This generally excites great alarm, with most excruciating fear of immediate death; consequently it will be attended with great paleness, and a profuse discharge of limpid urine; an unusual gurgling of the bowels, as if some little animal were there in actual motion; with wandering pains, constituting cholic of a peculiar kind; frequent efforts to vomit without any evacuation. This is sometimes mistaken for a symptom of an inflammatory affection of the stomach, and their intestines; in this case there is always a great weakness of the stomach; a considerable degree of indigestion and anxiety, and sometimes a difficulty of breathing, with alternate flashings of heat, and chilly sensations over different parts of the body; to those particular distinctions may be added alternate laughing and weeping, without any known or adequate cause; faintings, convulsions and palpitation, or fluttering of the heart; hysterical convulsions may be distinguished by the great fear of dying, which is pecu-

liar to hysterics. For the cure, observe the following plan:

If the first attack of it, be the consequence of difficult or obstructed menstruation, let blood freely from the foot, and this the more certainly if she was strong and healthy before the attack. If the sense of suffocation be violent, apply strong vinegar or spirits of hartshorn to her nose; bathe her feet in warm water; apply pretty severe friction to the region of her stomach with a flesh brush, or flannel; and in some instances, a glyster of very cold water affords instant relief. When her health and spirits begin to decline, by no means be persuaded to confine her to her room, nor expect to restore her by heat or medicine only; instead of confinement, carry her abroad into agreeable company, turn her attention to some interesting employment, and let her diet be light and cooling. There are many causes for this complaint; according to the state of the general system, I shall mark three variations: The first is generally brought on by some kind of exposure or accident. In this case, there will be a sensible fulness or increased motion of the blood producing a swimming giddiness, a dull heavy pain of the head, which are increased by stooping down; a redness, fulness, with a sense of weight across the eyes; an aversion to motion; an unusual sense of weakness and heaviness of all the limbs; and sometimes a bleeding at the nose; a dead heavy misery across the small of the back. Where these symptoms occur, let blood from the foot, ten or twelve ounces, repeated as occasion may require. Second, bathe her feet half an hour on going to bed. Third, then give a portion of calomel and aloes, three grains of each; sirrup of some kind may be added so as to form it into a pill, or two, or so much as to make of the consistence of honey; continue the bath, and calomel and aloes, for three successive nights. If the disorder come on suddenly, and she was healthy before, you may use the lancet the more; but if she were delicate and feeble before the attack, use the vinegar, or

spirits of hartshorn, and warm bath to the feet, &c. But if the obstruction of the menses be not the cause as above, according to circumstances, be cautious about letting blood. For the radical cure in this last case, apply a blister to the stomach; use friction nearly all over the skin; give strong camomile to drink, wine, bark, and steel; riding on horseback; cheerful company, and interesting engagements. And in many instances, I have found great benefit from the use of the following pills: That is to say, take assafoetida, half an ounce, Russian castor quarter of an ounce, opium quarter of an ounce, to be carefully beaten and thoroughly mixed together, and the whole to make two hundred pills of equal size, as nearly as may be; of these, two or three may be given at night, and one or two in the morning. Where the patient is subject to a costive habit, I have found advantage from the following composition: aloes, one ounce, assafoetida, half an ounce, russian castor do. with opium quarter of an ounce—the whole to make two hundred pills, and taken as before, increasing or lessening the number according to the state of the bowels. The vitriolic ether, given from thirty to fifty drops, in a cup of some kind of drink, sometimes affords instant relief; when the suffocation is considerable and distressing, this article must be given speedily to prevent its loss by evaporation; and must not be opened too near a candle, because of its great readiness to take fire, &c. I have known a guinea filed and taken night and morning in honey, to cure one that was past work for three years; the dose may be as much as will lie on the point of a penknife. Or take bear's gall and put in rum, and drink as a bitter, is wonderful; and when the choaking is bad, a tea spoonful of wheat flour mixed in water, and drank, will stop it; or chew orange peels and swallow your spittle, &c. And if jealousy be the cause, you must make as good a trade of a bad bargain as you can, and give your husband good words. See how honey will gather flies, and vinegar drive them away. Yours, &c.

R. C.

## PUERPERAL, OR CHILD BED FEVER, &amp;c.

THE puerperal fever comes on gradually. Beginning at twenty hours to thirty days; and sometimes as many weeks after delivery. Weak and delicate women, especially those accustomed to genteel life, are most subject to it. It begins with a chill, and the symptoms attending it are nausea, pain in the head, loss of strength, restlessness. The skin is sometimes dry; at other times partially or unusually moist. The tongue is dry, and sometimes covered with black crust. The pulse varies, being sometimes weak and small, and then again full and tense. Wandering pains are felt in the abdomen; and sometimes they attack the sides, resembling the pleurisy. In some cases they extend to the shoulder blade, and to the short ribs, liver and spleen; then descend to the bladder and lower intestines. The pain becomes so acute in some instances, that the patient cannot bear the weight of the bed clothes. The face has a sorrowful appearance; and every word and action will more or less express her sufferings, both of body and mind; sometimes the belly swells as in pregnancy. Pains are felt in the back and buttocks: the legs swell, and at length breathing becomes difficult. So great will be the loss of strength, that she will be unable to turn in her bed. Vomiting and diarrhœa, and sometimes a sudden costiveness, take place. The lochia are sometimes suppressed, at other times they continue throughout the disease. When the inflammation is confined to the uterus, this is a favorable circumstance. The urine is scanty; is frequently evacuated, and is turbid; spots appear on the joints. It continues from three to four days; and sometimes in the country to ten, fifteen and twenty days; although the appearances vary in different patients. Yet by this catalogue of symptoms, the puerperal fever may be known; and if it should occur, a physician should be immediately called in. But if none can be obtained on the first attack, the patient should



be bled according to her strength and the violence of the attack. Then a mild vomit of fifteen grains of ipecacuanha, with one quarter or one half grain of tartarized antimony, should be given: and after a gentle evacuation downwards, an opiate at night; glysters, fermentations, and an opening draught of senna and manna; cream of tartar combined may be daily repeated. If the disease be prolonged for several days, it is the more necessary that a physician should be called in, because bleeding in the common way might do harm.—But where the propriety of bleeding is doubtful, an emetic might generally be given with safety. If there be frequent or involuntary stools, we must be cautious not to administer any thing that may do injury. In such a case glysters of chicken water; or flour and water boiled to a proper consistence; or flax seed tea ought to be often repeated. It requires judgment to determine the propriety of correcting this diarrhœa. If, however, it becomes necessary, through the debility of the patient to check it, an infusion of columbo root, or flowers of camomile may be used. As also the starch glyster, with the addition of fifty drops of the tincture of opium. Should a hiccoughing come on, take spirits of nitre, one quarter of an ounce, clean water, one half pint, and white sugar at discretion. Of this mixture give two spoonfuls every two or three hours. She should breathe pure air; strict regard should be had to cleanliness; her rest must be secured; and silence should be carefully preserved. It is thought, (not with good reason) this fever may be communicated by contagion.—This circumstance will make it necessary for the midwife to be cautious in every respect, so as not to convey it from one to another. To take cinquefoil, white plantain, mountain tea, and maiden's hair, to make a drink of it, is wonderful good; and so is dogwood bark mixed with salt petre.

*FOR the infection of the womb—likewise a dropsical swelling of the womb—with the abate of the terms, &c.*

A dropsy of the womb often proceeds from wind or water; the belly so swells and increases, that it deceives many, thinking they were with child, when they are not. This is an unusual swelling, raising by the gathering of the water, from moisture, mixed with the terms. The symptoms of this disorder are nearly these: The lower parts of the belly and privates are pulled up and pained—the feet swell, the natural color of the face declines, the appetite is often gone, the terms are but few, and sometimes cease altogether; her breast is also soft and flabby: this is known from a common dropsy, because the lower part of the belly is mostly swelled; but a general dropsy often follows after. Here is the remedies for the cure, and is good for any dropsies. Take eight ounces of red century, five ounces of dogwood bark, a large handful of cedar tops, a double handful of horse raddish, a double handful of anvil scales, two spoonfuls of black mustard seed, put it in two gallons and a half of strong apple cider, and let it stand four or five days, and take a gill morning, noon and night; and let your constant drink be mallard tea, sinkfield tea, and sage tea, whey, cider and balm tea, and apple water; and let your diet be as light as possible, &c. Or take and file rusty iron, a half pint put to a quart of rye whiskey; let this stand until it gets strong, take a table spoonful three times a day, and live on light diet. Let about fifty or a hundred new nails stand in a pewter basin, and keep water in that for your constant drink.—And every nine days take as much anvil dust as will lie on the point of a case knife twice; the anvil dust is made thus: wash it clean and beat it fine, take the inside of the north side of dogwood bark and dry it, beat it fine, mix an equal quantity and take it in honey; take fifteen drops of laudanum going to bed the night that you take the anvil dust and dogwood. In the morning, if the whiskey and the rust of iron be too strong, add more

whiskey. Let your diet be light, and take a dose of calomel once a month.

You are to leave off the other medicine three or four days before you take the calomel, &c. I have cured one in a desperate case by this medicine, that is to eat three or four cloves of garlic every morning with hard biscuit and butter, and fast two hours after it; and let your drink be water that fennel hath been steeped in.— You will find relief in a short time. And again some men are so gross and fat that they can hardly walk and do any business; let such do the same and they will soon find relief, &c.

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### THE MENSES, &c.

THERE is a certain periodical evacuation which takes place with all healthy females, beginning when they arrive at twelve or fifteen years of age, and continuing on till forty-five or fifty. This I cannot call a disease as it is universal to the sex, and as there cannot be health without it. You should begin in due time to instruct your daughters in the conduct and management of themselves. At this critical time of life a few lessons seasonably given, may prevent much mischief.— But little attention is necessary to know when this discharge is about to commence. There are particular symptoms which go before it, and foretell its approach, as a sense of heat and weight, with a dull pain in the loins, a swelling and hardness of the breast, head ache, loss of appetite, uncommon weakness of the limbs, paleness of the countenance; and sometimes a slight degree of fever. Whenever these symptoms begin to appear about the age at which the terms begin to flow, every thing that obstructs it, must be carefully avoided, and such means used as tend to bring it forward. She should sit over the steam of warm water, bathing her

feet at the same time in a vessel filled with the same, and so deep as to reach up to her knees. She should drink freely of warm diluting liquors, such as weak flax-seed tea, mallow or balm teas; or sweat over bitter herbs.

The most proper time for these things is the evening: so that she may cover herself up warmly in bed after the bathing, and after continuing the drink until bed time, &c. Some precautions, however, are necessary before the symptoms, which usher in this discharge, present themselves. For if she be closely confined about this time, and be not engaged in some active employment, which may give proper exercise to her whole body, she will become weak, relaxed and sickly; her countenance will be pale, her spirits will sink, her vigour decline, and she perhaps will become weakly and sickly the remainder of her life. It is often the case, that the daughters of the fashionable and the wealthy, who, according to custom, have been much indulged, entirely give themselves up to indolence at this critical time; and bring upon themselves such irregularities as render them miserable for life. We seldom meet with complaints from cold, as it is commonly called, among active and industrious girls. While on the contrary, the indolent and slothful are never freed from them.—A sprightly disposition, and an habitual cheerfulness, ought to be cultivated with all possible attention, not only as conducive to prevent obstructions, but as the best defence against vapours and hysterics. The cheerfulness which I here recommend, is not mere mirth and laughter; it is a calm and uniform serenity which prepares a rational being thankfully and heartily to enjoy the real comforts of life; it is a peculiar spring which gives to the mind as much activity when in retirement as in the ball room. Towards this time every thing which has a tendency to impair digestion, and derange the regular motions of the system, ought to be avoided; such as eating largely, of brash light clothes, loss of

sleep, and excessive exercise. To this last we may generally affix dancing, change of clothes without proper regard being had to their degree of warmth, is frequently productive of mischief; occasional exposure of the skin to cool air, if continued but a short time only, seldom does injury. But a great change in the clothes from warm to cool is frequently very pernicious; changes of this kind ought to be brought about in a gradual manner. I have known serious effect from too long exposure of the feet to wet and cold. Country girls frequently wade through the water, walk barefoot in the morning, and sit without door for hours in the evening, &c. Either of these acts may do irreparable damage; whether about the time of the first flowing of the menses, or at any time of its return. Indeed such exposure, as at another time might produce no ill effect; may at this juncture be followed by irretrievable damage to her health. But after all your care, it will sometimes happen, that the courses will not begin to flow, at that period of life when they usually make their appearance.—Should this be the case, and in consequence of their retention, her health and spirits begin to decline, by no means be persuaded to confine her to her room, nor expect to restore her only by heat and medicine; instead of confinement carry her abroad into agreeable company; turn her attention to some interesting employment; let her eat plentifully of wholesome food, and promote its digestion by taking regularly a sufficient portion of exercise; and in most instances nature will do her own work without any other assistance than that above.—And after pursuing this plan a sufficient length of time without success, you will be at liberty to have recourse to medicines; and the medicine will be directed according to the complaint; as the symptoms state in the direction of difficulty of menstruation with pain, &c. Sometimes the retention is the consequence of an imperforated hymen; when this is the case it may be felt with the finger, and must be pierced with a proper instrument—for this purpose a surgeon should be employed.

## DIFFICULTY OF MENSTRUATION WITH PAIN, &c.

WHEN the monthly complaint comes on, with seeming difficulty, attended with pain, the menstruation may be said to be difficult; in this case the patient is subject to coldness of the extremities, commonly of the feet, and to great general weakness, &c. When the painful symptoms come on, bathe her lower extremities in water about blood warm, to be continued half an hour just before going to bed; on lying down, give from twenty-five to fifty drops of the tincture of opium; repeat this plan every night till the pains abate; afterwards, in the intervals between the times of the discharge, take something to fetch on the terms; take the largest grown pullet you can get, that never laid an egg, pick her without scalding, beat her to pieces, and boil her well, and let the patient drink this about the change; this is wonderful; birch bark tea, wild cherry tree bark tea, or rattle top roots for a tea, or sweat with seneca snake root, &c, these are all proper medicines tried.

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## OBSTRUCTION OF THE MENSES, CONTINUED, &c.

IF by alternate exposure to the heat and cold, or by any other accidental means, the menses cease to flow, they are said to be obstructed. There are different appearances in this disease, according to the general state of the system; I shall mark the variations for the sake of distinction. The first is generally brought on by some kind of accident. In this case there will be a sensible fulness or increased motion of the blood, producing a swimming, giddiness, a dizziness, and a dull heavy pain of the head, mostly in the fore part; a sense of weight across the eyes; and sometimes a bleeding at the nose,



these are increased by stooping down or rising up suddenly; there is often times a dead misery in the small of the back; and when the monthly complaints come on they often are but few, and what there is, is of a greenish or yellowish complexion; and when that stops, the whites take place, and weakens the patient much, &c. Where these, or most of these symptoms occur, let blood from the foot, ten or twelve ounces, to be repeated as occasion may require. Second, bathe her feet half an hour, going to bed. Third, then give a portion of calomel and aloes, three grains of each; sirrup of some kind may be added, so as to form it into a pill or two, or so much as to make it into the consistence of honey. Continue the bath, and calomel and aloes, for three successive nights. If the disorder come on suddenly, and especially if she was a healthy girl before the attack, you may use the lancet more freely; there is no danger from the use of calomel. The only necessary precautions are to avoid improper exposure to cold and wet, and abstain from large draughts of cold water, and these would be equally necessary if no calomel were used. At the next period, proceed a second time through the same course, to wit: Bleed, bathe, and give calomel and aloes, for three successive nights, and live on light diet, and keep from cold, and cold water, but toast bread and put in water, and sweat with wild ginger; or take beaver castor, and put to wine, and drink now and then; or make a bitter of centaury and allecompain and cucumber bark of the north side of the tree, as strong as you can well drink, &c. And if the symptoms appear in this direction—that is, a great paleness, or rather a yellowish and bloating of the face, difficulty or shortness of breathing, loathing of food, indigestion, disposition to eat marble or chalk, great weakness, quick and weak pulse, swelling of the feet and ancles, and sometimes a bloating of the whole body: when this is the case, take bitters of cammomile and orange peels, steeped in boiling water; they may be used a few days, gradually in-

creasing their strength; then take the rustiest iron you can get and put a good chance to a gallon of strong apple cider, and boil it down to a quart; when it begins to boil put in a handful of pine buds, let it cool and put in the white of three eggs, and nine star roots, and take a table spoonful three times a day; and fifteen drops of laudanum going to bed, and live on light diet; and if there is nothing more than what you call a common cold, she will be restored to her health again.

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## OBSTRUCTION OF THE MENSES,

CONTINUED IN THE SECOND AND THIRD DISTINCTIONS, &c.

IN this distinction is a mixed state of the disease; it is the consequence of debility induced by a complaint of some kind which goes before it; the discharge gradually lessens in quantity, becomes irregular, and at length disappears; and if, however, she declined in a gradual manner, and is subject to a dejection of spirits; to a want of appetite, and flashings of heat over the skin, a small cough, a weakness in the back, a coolness of the feet; at times a pressing and bearing down, with a kind of itching and burning of the lower extremities; and oftentimes when you make water it will appear to burn you. The pains work in the sides of some like pleurisy; sometimes a tingling in the flesh, like little pins sticking in you; a leadiness and a sleepiness in the flesh, &c. The remedies must be given her with care, and beware of taking cold. Except she is restored to her common health with care, it will turn to a deep consumption, or some fatal complaint. I have known the severest convulsive fits occasioned by it. Beat some puccoon roots fine, put a large table spoonful to a quart of apple cider, a table spoonful of sweet fennel seed, and dried birch bark the same, let them stand three or four days, and take a table spoonful night and morning, and beware of eating hog

meat, or milk; but such as beef, matton, chicken, squirrels, and butter. If this medicine makes you feel weak and feeble when you first take it, with a sick feeling at the stomach; and when that is off you have a craving appetite, but do not eat your fill, but eat little and often, and take care of taking cold. If the medicine works this way, it will be of wonderful effect to you, and no doubt will restore you to your health again: for I have cured many with this medicine. Or get a handful of sweet modly, a handful of butterfly roots, and two or three table spoonfuls of camomile flowers, a handful of vervain roots, a handful of red centaury, put these to a half a gallon of rye whiskey, and take of this according as you can drink it, three or four times a day, and live on light diet, and take care of taking cold, or getting wet; and let your drink be cooling, such as balm tea, cinquefoil tea, ground ivy tea, mallard tea, &c. Perhaps a sweat may be needful, and here is the best kind of sweat for this complaint and common colds that I ever tried—here is the directions to manage the sweat: Take a couple of good large rocks, heat them well in the fire, and put them in a pan apiece, lay the bed down in the floor, and let the patient lay on the back in the middle of the bed, and put a pan on each side of her, as level with the heart as you can, then put on fine bush on the rocks to keep it from burning the cover, then put the cover over all, and pour cold water on the rocks as the patient can bear the steam; and when the body is in a sweat, the feet are as cold as if the patient was dead; then when the body is in a good sweat, move the rocks to the knees, and let the steam continue there till the feet sweats well. This takes the cold out of the body better than any sweat I ever knew. But when the steann begins, you are to give some steeped seneca snake root, or black snake root, or wild ginger roots, or a table spoonful of Bateman's drops; then after the sweat you are to make a bitter of some kind. Take a handful of dried horehound, some ginseng root, camomile flowers

and orange peels, or the rust of iron. This is the Indians' rule, to take an infirmity from the body to the feet; and it is good for many.

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### IMMODERATE MENSES, &c.

WHEN the menses continue too long, or come on too often for the strength of the patient, they are said to be immoderate; this most frequently happens to women of a soft delicate habit, to such as use tea and coffee too freely, and who do not take sufficient exercise. It is sometimes brought on by excessive fatigue; and this may happen to temperate and industrious women. In either case its approach may be known by a pain in the loins and hips: observe this symptom carefully, and on its first appearance let a little blood from the arm; and it will generally prevent the attack for that time, but the entire removal of it, observe the following directions:—So soon as it is known that this complaint is formed, it will be proper to bleed a little from the arm; there are but few instances in which this might not be proper, in greater or lesser quantities. If excessive labour brought on the disease, rest comes in as an essential remedy; cool air is highly proper; this may be applied by placing the patient in such a situation that a current from a door or window may blow upon her; cloths wet in cold vinegar and water may be applied all over the groins, &c. to be changed as they become warm, cold flour in a large quantity applied to the parts, has sometimes succeeded in dangerous cases; cool drinks, as the decoction of nettle roots, or of the greater comfrey, &c. If all these fail, repeat the bleeding: where too strong a motion of the arteries can be ascertained as the cause, it may be generally entirely removed, by gentle bleeding, and purging occasionally repeated. If much weakness, paleness and a disposi-

tion to bloat, give half a grain of opium every six hours; and at intervals of three or four hours, give twelve or fifteen grains of an equal mixture of alum and gum kino; nauseate the stomach with small doses of from one to five grains of ipecacuanha; apply blisters to the wrists and ancles alternately, in all delicate cases; after the removal of the disease for the time being, have recourse to the cold bath, exercise, friction with a flesh brush or flannel, till her health is confirmed.

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### FLUOR ALBUS, OR WHITES, &c.

WHEN a discharge of whitish matter flows instead of the menses, it is called the fluor albus, or whites; if it be of a long standing, it sometimes assumes a greenish or yellow complexion; becomes acid, sharp, and corroding; and is highly offensive to the smell. When it happens to young women, it is in most cases a local disease—I mean by this, that it is never brought on by any general affection of the system, but is wholly confined to the parts which are its seat; indeed it is sometimes the case that the menses are discharged entirely in this way. For the cure, take the rust of iron prepared, one ounce of gum myrrh, one ounce of nutmeg No. 2, or cinnamon half an ounce, the whole to be finely powdered, carefully mixed and kept in a close vessel: if rust of iron cannot be had, the salt of steel will answer, (using half the quantity.) Of this preparation, may be taken from four to six times a day; if prepared with the salt of steel, four to six grains will be the dose; the portion of either ought to be varied according to circumstances, if it excites a little sickness of the stomach; but if a puking, or too violent sickness takes place, the dose may be lessened; on the other hand, if any considerable effects are observed, it may be enlarged, &c.—or take the bark of service trees and make a tea for your

drink; this is wonderful; or steam rosin and brimstone in spirits, and drink as a bitter; or boil pine buds for tea, or the roots of pine, or what is better turpentine, in its soft state, mixed with an equal quantity of honey; of this mixture a tea spoonful may be taken three times a day; or for those who can procure it, balsam copaiba, twenty drops in a little new milk three times a day, frequently cleanse the parts with milk and water, sometimes an injection made of sixty grains of white vitriol, dissolved in a pint of spring or rain water, and thrown into the passage by the help of a syringe, three or four times a day, is a most effectual remedy; or blue-stone dissolved in old brandy, and used the same way: and lastly, if ulcers attend, give two or three grains of calomel every third night, and touch the ulcers with a little mercurial ointment, or with an ointment of white or red precipitate of mercury. Here it might be well to observe that a disease in some degree similar to the fluor albus, or more commonly of a mixed kind, between this and immoderate menses, is sometimes the effect of a polypus or excrescence from the inner surface of the womb. If, therefore, the discharge should continue after using the proper remedies, a polypus ought to be suspected, and a physician or surgeon should be called in to your aid.

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### OF CHILD BIRTH, &c. A DIRECTION TO THE GRANNY.

HERE are a few remedies to hasten labor and fetch deliverance, when needed: Take eel's liver and dry it, beat it to a powder, and give the woman in labor to drink in spirits. This is a speedy remedy; or beat a rattle snake's rattles fine, and give to one that is in labour—this is wonderful to hasten labor; or dip a linen cloth in the juice of parsley, and put up the privates;



it causes deliverance of a dead child. This is also good to cleanse the womb of ill humors, &c. Pollipodium steeped or beaten, and applied to the feet of a woman in travail, bringeth away the child, whether dead or alive; the ashes of an ass' hoof mixed with oil, and the privates anointed, is a wonderful remedy. The juice of vervain, or the decoction given to a woman in travail, causeth speedy deliverance; or a drachm of myrrh given in powder to drink in any convenient liquor, bringeth the child away dead or alive; or give a woman to drink another woman's milk, fetches on speedy deliverance; or boil mugwort in water, 'till it becomes a poultice, apply it hot to the thighs of a woman with child, it causeth both births to come away, but if it tarries long, it will bring the womb also; dittany to take inwardly, causeth deliverance.

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### COMPLAINTS OF THE BREAST AND NIPPLES, &c.

OFTEN times women's breasts swell and cake; which is caused by a hurt, sometimes with young women; and with married women, by milk curdled and caked. The cause may be cold taken at the breast, which causeth inflammations; therefore, such as some call the ague in the breast, or the curdling of the milk when it is turned into a substance like cheese. Sometimes the nipples are so swelled and caked with milk through the pores, that the child cannot draw them; and some scale like a scab. For the cure, take bean flowers, or flour and mix it with the white of an egg and apply unto them; or nettles boiled in vinegar and applied to them, instantly helps them; crumbs of bread mixed with the juice of smallage and applied unto the breast, helps them when the milk is curdled in the breast. If there be any hollow ulcers in the breast, mix goat's

dung with honey; this soon eases them, and cleanses out the filth and heals them. A pancake baked and spread with honey, and put to the breast, helps them. A poultice made with mallow and chickweed, malt and sheep suet, takes out the pain and assuages the swelling and heals the wounds, &c.

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## CURE FOR FEVER AND AGUE.

CLEANSE the stomach and bowels, with a puke or a purge. If sickness of the stomach prevail, use the former, or take the following: Epsom salts, an ounce; tartar emetic, three grains. But if the tongue be foul, give at night, calomel, one scruple, Dover's powder, eight grains; work off in the morning with castor oil, one ounce; spirits of turpentine, one drachm, mixed. After cleansing the stomach and bowels, take pulverized Virginia snake root, one ounce; carb. potash, two drachms; mix and give a tea spoonful in water, every two hours. Or give quinine, two grains, every three hours. All the above medicines are to be used during the intervals of fever; and when the fever is on, wash the head, breast, and arms, with cold water; and during the chill, use warm applications both internally and externally.—Drink no whiskey, nor any other ardent spirits, in three weeks after the chills cease.

## GENERAL REMARKS, ON THE MEDICINES PRESCRIBED IN THE

### FIRST PART OF THIS BOOK.

[*Here I shall make a few remarks on the Apothecary Medicines that I have made use of, and is of great importance and use to the poor—their use, management, &c.*]

**ALUM**—Is used in floodings, and in long continued fluxes. It is given to grown persons in doses of five to twenty grains every four, eight, or twelve hours, according to the exigency of the case. In women's cases, it may commonly be used with *kino*—which see.

**ALOES, SOCOTRINE**—Is a purgative medicine, very stimulating to the rectum, or lower intestines, and if too frequently used, induces piles; it is however a very good article in cases of suppressed menses, worms, &c. The dose for a grown person may be from six to sixty grains; for a child of two years, from two to six grains.

**ASSAFŒTIDA**—Is used in hysteric cases. In hysteric suffocation, a plaister made of assafœtida, one quarter of an ounce, and camphor, ten to fifteen grains, may be applied to the stomach, and found a useful remedy.

**BARK**—Of this article there are two kinds: that is to say, the red and the pale. It is a useful remedy in feeble habits, and strengthens the stomach and bowels. It is employed in the cure of fever and ague; but it is sometimes unsuccessful, unless the patient be first bled one or more times. Its dose for a man may be from thirty to sixty grains, to be repeated every one, two or three hours. A dose for a child of two years old, from five to ten grains.

**BORAX**—Is used to relieve children in thrush. It is also proper for making gargarisms in cases of sore throat, whether in scarlet fever or putrid sore throat. In cases of thrush, it may be prepared as follows: take borax, sixty grains, honey, one ounce, and it is better to add

as much water, as may serve to dilute it sufficiently.—It is said to be useful as a medicine to be taken inwardly in cases of fluor albus. The dose from five grains to sixty; if taken in this disease, a few grains of nutmeg or cinnamon should be added to each dose; otherwise it may produce vomiting.

**CALOMEL**—Is an excellent medicine. It may be used as a purge, either alone or combined with jallap. If it be intended to operate speedily, it should be combined; if not, it is most effectual by itself. Sometimes, when given too often, or in too large doses, it produces a salivation. The dose for a man is from five to twenty grains. For a child of two years old, from two to four grains. If given for worms, it might be combined with a little aloes or jallap; in all bilious fevers it is a very useful remedy; and after sufficient evacuation by bleeding, it may be given in small doses frequently repeated, with very great advantage.

**CAMPBOR**—Is a very powerful stimulant, and is sometimes useful in fever; after sufficient depletion, it produces sweating, and may be given in doses from two to twenty grains; it is sometimes useful combined with salt petre, when dissolved in spirit; it is sometimes useful as an external application for the relief of pain, inflammation, numbness, palsey. &c.

**CAROLINA PINK ROOT**—Perhaps the dose of this medicine may be too strong, as advised for worms, it will be safest to make trial as follows: take one quarter of an ounce, stew it gently in one pint of water, down to three gills; give half a gill of this decoction to a child six years old, morning and evening, and observe its effect; if it procures unusual drowsiness, the dose may be considered too strong, and ought, therefore, to be lessened, or entirely omitted.

**CASTOR OIL**—Is a mild and pleasant purge; its dose for a man, is from one to two table spoonfuls; for a child of two or three years old, from one to two tea spoonfuls.

**CAMOMILE FLOWERS**—Make a tea which is useful in weakly cases, as of indigestion, sickness at the stomach from weakness, &c.

**COLUMBO**—Is said to be almost a specific in cholera morbus, nausea, vomiting, purging, diarrhœa, dysentery, bilious fevers, indigestion, want of appetite, and most disorders of the stomach and bowels, where no inflammation exists. But on the principles of Doctor Rush's theory, in every species of cholic, blood letting ought to be the first remedy; and afterwards, perhaps, gentle evacuants; then if debility prevail, the columbo with orange peel, &c. would be proper; from ten to thirty grains every three or four hours, the common dose; but it may be extended even to one sixth of an ounce.

**CREAM OF TARTAR**—Is a very mild purge, and may be given from one to two ounces, if dissolved in a large quantity of warm water, and taken in a gradual manner; it evacuates the intestines in a mild and effectual way; combined with jallap, it is considerably effectual in exciting the action of the absorbents. By these means I once cured an acites, (that is a dropsy of the belly of long standing.)

**CINNAMON**—Is an excellent aromatic, and is considerably strengthening to the bowels, and is recommended in cases of flooding, whites, &c.

**ETHER**—If applied externally, relieves pains, and if given internally it removes phthisics, hiccoughs, &c. if applied to an inflammation and is suffered to evaporate, it will cool and relieve wonderfully; if applied to chronic rheumatism, in a state of confinement, so as to prevent its evaporation, as with a cloth wetted with it and covered with the palm of the hand, it will relieve pain on opposite principles.

**ELIXIR VITRIOL**—Is a valuable remedy in weakness of the stomach, indigestion, &c.; but being considerably stimulant, it must be improper when the pulse is tense; and in all cases of inflammation, its dose from ten

to thirty drops, in a cup of some kind of liquid; if this article be dropped on linen or cotton cloths it destroys them.

**FLIES**, *called also Cantharides*—Are used for the purpose of drawing blisters; perhaps the best mode of applying them is in the form of a quilt: if prepared in this form, one quilt will serve three or four times; when applied on plaisters, the skin should be guarded by applying a thin bit of muslin between it and the flesh. The application of flies sometimes excites a strangury;—when this circumstance takes place, the patient should drink plentifully of some diluting draught. A tea made of mullin would answer a good purpose; in this case he should also take a dose of opium, and repeat it in eight hours, if necessary. Blisters are seldom proper till the violence of the fever is reduced by bleeding and purging; they should not be dressed with colewort leaves; some kind of mild ointment, as beeswax and sheep suet. The sunny side of colewort leaves will keep them a running, and the underside will dry them up. Wet the sore once in a while with vinegar to keep them a running.

**IPECACUANHA**—Is an excellent puke, and is the mildest and safest of any yet known; its dose for grown persons is from five to thirty grains, and for a child of two years old, from one to five grains; it may be taken in the form of a tea, or bolus, and while it operates, the patient may drink freely of camomile tea.

**IRON**—Is one of the most powerful strengtheners in weak lax. and pale habits, cachexy, green sickness—it is the best medicine as yet known: but is often injudiciously employed, so as to do irreparable damage. If there be tension, rigidity and spasmodic stricture, existing in the system, it is highly pernicious. Let it therefore be observed, that if the use of this article excites pains in the head, with other feverish symptoms, it should not be continued. It may be given in the form of simple filings, rust of iron, or the salt of steel; if the rust or filings



be used, the dose may be from five to ten grains; if salt of steel be chosen, from one to three grains may be the dose; it is generally the best method to administer it in small doses, frequently repeated. Cases may occur in which this article is really necessary, and in which notwithstanding its propriety, it may cause considerable sickness and perturbations. In such instances a moderate dose of opium may be given after each dose, or the patient may be directed to take it on going to bed at night, and again about half an hour before rising up in the morning, and at other times of the day; let him or her walk moderately immediately after taking the dose, &c.

**KINO**—Is an astringent opium, and is useful in diseases of laxity, such as diarrhœa, fluor albus, &c. It may be given in the following form: Take kino, two parts, and alum, three parts, grind them together; of this mixture, the dose may be from five to fifteen grains every three or four hours; in cases where the alum is improper or disagreeable, from five to fifteen grains of kino alone. It may be dissolved in water, or a solution of gum arabic: to which also may be added a few drops of laudanum.

**MAGNESIA**—Is a very mild article, it corrects acidity in the stomach in its first passages; hence its effects in relieving heart burn, as also giddiness, vomiting, and pain in the stomach, when they are the consequences of an acid matter collected in the stomach; it also relieves gripes in children, when brought on by the same cause; its dose for an infant, may be from two to five grains, to be given in tea of fennel seed, and repeated; the addition of a small portion of rhubarb or manna gives it a little more activity as a purge.

**MANNA**—Is one of the mildest purgatives, and may be given with great safety to children and pregnant women; it is proper in pleurisy, all inflammatory fevers, and such other cases as may require mild purges. Its dose is from half an ounce to two ounces, and it is best

perhaps to dissolve it in a decoction of cassia, which is an inferior kind of cinnamon; if a little tartar emetic, or some other active article be added, the manna will operate much more effectual—say manna half an ounce, tartar emetic half a grain, to be repeated every two or three hours; this would be an excellent preparation as a purge in child bed fever.

**GUM MYRRH**—Is a stimulant, and is admissible in those cases only where iron is proper, as in chlorosis; and its dose may be from five grains to thirty. A tincture may be made of this gum as follows: take gum myrrh, three ounces, proof spirit, or good wine, one pint and a half, digest them ten days with a gentle heat; the tincture so prepared, is a useful addition to cleaning gargarisms, such as are proper in putrid sore throats.

**NUTMEG**—Is warm and agreeable to the taste, is good for the stomach, corrects a laxative habit, relieves indigestion; its dose is from six grains to thirty; if roasted in substance, it is said to be more astringent, and is an excellent remedy in chronic diarrhoeas and dysenteries.

**ORANGE PEEL**—Is employed as a stomachic medicine, it promotes appetite, gives strength and vigour to the bowels; and is therefore proper, in cases of indigestion, flatulency, when the consequences of debility. &c. it is rendered more effectual by joining it with columbo; the yellow outside rhine should be preferred; infusions with water are better than any preparations with ardent spirits; in all cases where bitters are required the use of spirits must be injurious; wine if good might be useful.

**OLIVE OIL**, *called also sweet oil*—Is employed as an external application; it is improper, however, in cases of burns, especially if the skin peel off. But I intend in a particular manner, to recommend a frequent use of it internally, to such women as are wont to have hard labours; they should begin its use several days before the time of delivery; one or two ounces should be beaten up with one or more yolks of an egg, till it will readily

mix with water, add half a pint or a pint of water sweetened with manna or sirrup; with this, she should keep her bowels constantly laxed; where there is sufficient strength, blood letting should also be employed.

**OPIUM**—Is a powerful cordial, it eases pain, but at the same time, very much increases the circulation, and is therefore, very injurious in inflammatory fevers, especially if the brain, lungs, liver, stomach, or bowels be the seat of the disease; at least considerable evacuations should be procured before it is ever employed; in such cases it is never proper if there be tensivity in the pulse; in cases of external tumor and consequent pain, it is frequently admissible; and when debility prevails, with a soft and languid pulse, it is an excellent remedy. Its doses when taken in substance may be from one to three grains; in a liquid form, as laudanum, or tincture of opium, which are two different names for the same thing, the dose may be from twenty-five to sixty drops; but it should be remembered, that this article generally induces costiveness.

**PRECIPITATE OF MERCURY**—Is either red or white; if applied in dry powder to a foul ulcer, they cleanse it; when combined with mild ointment or hogs' lard, (that is hogs' fat) they form a drying ointment, useful in eruptions on the skin, sore nipples; take lard, or rather sweet oil, hardened sufficiently by melting bees' wax together with it, half an ounce, precipitate forty to sixty grains, mix them in a cold state, and the ointment is prepared.

**RHUBARB**—Is a mild purge, and may be given in doses of from twenty to sixty grains; but as it is considerably astringent, it should not be employed where a costive habit is to be avoided: in chronic diarrhœas it may be given in small doses of five or six grains combined with opium, two or three times a day; it cannot be a proper remedy in inflammatory cases, and is therefore, forbidden in dysentery; but in cases of debility it is frequently useful; combined with manna it will evacuate

the intestines without exhausting the strength of the patient in any considerable degree.

**RUSSIAN CASTOR**—Is useful in hysteric cases; this may also be used in form of a tincture: Take castor one ounce, proof spirit two pounds, digest ten days, and it is ready for use; the dose may be from twenty to sixty drops; it is sometimes taken to advantage in conjunction with laudanum—say laudanum twenty to sixty drops, tincture of castor, twenty-five drops, the whole for one dose in hysteric suffocation, as also in painful menstruation, where blood letting is not needed.

**SAL AMMONIAC**—Of this, one ounce may be dissolved in one quart of water, or of spirit and water combined. This solution is useful as an external application in cases of inflamed breasts.

**SPIRITS OF NITRE**, or *nitre ether*—is used in fever, and is an excellent medicine for quenching thirst, expelling flatulencies, preventing nausea and vomiting, and moderately strengthening the stomach; it is diaphoretic and cooling. The dose may vary from twenty to forty drops.

*Spirits of Sal Ammoniac* and *spirits of Hartshorn* are similar in their nature and effects, but the first is perhaps the best; the dose may be from fifteen drops to sixty. It is useful in fainting, and other hysteric affections; if given in wine-whey, it generally procures a very pleasant sweat.

**SALT PETRE**, *called also nitre*—Is a useful remedy in inflammatory fever; the dose may vary from three grains to forty, every two hours; it is most effectual if given immediately after its solution—some caution however, is necessary in using this article, as it sometimes occasions a nausea, or pain in the stomach; in such cases it requires plentiful dilution, and sometimes the addition of a little camphor. Nitre is an excellent ingredient in gargarisms, and mouth waters.

**SALT OF TARTAR**, *called also fixed alkali*—Is used for making the saline mixture. Take salt of tartar

twenty grains, lime juice or vinegar, as much as may saturate it, or till it ceases to effervesce, pure water one and a half ounces, and sirrup two ounces, the whole may be taken in the course of four hours, to be repeated as often as may be thought necessary; it may be given also in a simple solution with pure water; in this shape the dose may be from ten to thirty or more grains; but it should always be sufficiently diluted; every three or four grains require an ounce of water. The saline mixture given in a state of effervescence, frequently corrects vomiting. The simple solution of tartar relieves heart burns, &c.

**SENNA**—Is a purge of considerable activity, is commonly taken in form of an infusion: pour one pint of boiling water, on one quarter of an ounce of senna, let it stand several hours in a moderate degree of heat; one gill may be taken every two hours as a dose for a grown person; and one or two spoonfuls for a child two years old. It is rendered more pleasant and mild in its operation, if one ounce of manna be added; the addition of a small portion of ginger will help to prevent its griping.

**FLOUR OF SULPHUR**—Is a gentle and pleasant purge; it is also effectual in curing affections of the skin, as the itch, &c.—combined with the cream of tartar, is useful in the piles; it is also a very good purge to be employed on the third and fourth day of the measles.

**TARTAR EMETIC**, called also tartarized antimony, may be so varied in its dose as to produce sweating, puking, and purging. It is a medicine both safe and convenient, and has but little taste; the dose as a puke, is from one grain to five, and may be dissolved in warm water; when used in children's cases, one grain may be dissolved in one ounce of water, which may be sweetened with sugar; a tea spoonful or two may be given every half hour, till the patient vomits, if that be the intention; when given to procure sweating, the dose may

vary from one eighth to one half of a grain; it may be repeated every two or three hours; and in inflammatory fevers, ten or more grains should be added to each dose: this is an excellent remedy to be employed in inflammatory cases after sufficient blood letting; if it be given in small doses, well diluted, every half hour, it will act as a purge, and the more certainly so, if some mild purgative be added, as manna, purging salts, &c. This last is an excellent remedy in the beginning of fever, and if sufficiently employed, frequently will remove the disease; as the tartar is nearly without taste, it is very easily imposed on obstinate children, by mixing it with cold water, and giving it when they ask for drink.

There is a description how to manage with simple apothecary medicine, and the most useful medicine, without much danger. With care any common man may manage in his family; in time of need, and a complaint you do not understand, apply to a physician that is always in full practice of these things. The circumstance of man's blood is like a running stream; the lungs create the blood in a milky state; then it passes throughout the liver; then it becomes blood; the liver discharges it to the heart; the heart discharges it thro' the whole body by the pulse veins; and the still veins return it back again, and feed the nerves, which increase the flesh; the blood is either increasing or decreasing; the blood is said to pass through the heart every five hours, that is, in man's body; whether it be so or not, it shews when a man is bit by a serpent in any vein or artery, it soon alters the pulse, &c.



## FOR THE PHTHISIC,

WHICH MAY BE CALLED THE ASTHMA.

THIS complaint is often in children; it is a disease of the lungs, which seldom admits a cure; persons in the decline of life, are most liable to it. The complaint is subject to a cough and spitting, sometimes a little tough phlegm by the force of coughing; it is worse after sudden heats or colds. This complaint is known by a quick breathing, which is generally performed with a kind of wheezing noise; the difficulty of breathing is so great, that the patient is obliged to keep in one posture, otherwise he is in danger of being suffocated. When the patient takes this complaint, the sooner he is relieved the better, as the complaint proves fatal; the body is often bound; when this is the case, he should glyster with assafoetida and flaxseed tea, and bathe his feet in warm water, then rub well with flannel; bleeding is good, unless they are very weak, or old age should prevent it. If the misery should be great, take a wheat hoe-cake, and split it, wet it with vinegar, wrap it in a handkerchief, put it to the breast as hot as you can bear, this causes a circulation in the lungs; sometimes a vomit is good, and relieves the patient much; a pill of assafoetida night and morning, is good. I have known cows' milk, drank warm from the cow in the morning, do wonders. To put an issue in the side, and not suffer it to dry up, this does not always cure, but prolongs life; or take indigo, the bigness of a pea, in a little water, then in the course of an hour take a tea spoonful of salt-petre the same way; this will relieve instantly. I have known children cured by drinking the water of sour croût, in desperate cases. But of all the medicines make a plaster of wax, and put between the shoulders; this is of great service; lime water is good, not too strong; mountain birch bark tea is good; dry Jamestown roots and smoke is a fine thing to ease and relieve; to eat white

pepper is a good remedy. But of all things, keep your feet dry, and let your diet be light.

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### FOR A CANCER.

A CANCER is often thought light of, but it is a growing evil; it is like putting a little fire into dry stubble; you may stop it when you are ahead of it, but when that gets ahead of you, it is a bad chance. When a cancer first comes, it is like the body of a spider; then as it increases, the roots run off like a spider's legs; then if you can conquer the body before the legs can support themselves, the cancer is done, by eating or cutting them out. Some think to eat a cancer away when it gets to a stand, and by that means puts their fire medicine, which causes the cancer to eat as fast as the medicine, and inflame in a short time considerably.

When a cancer comes first, it hardly has any colour; often times it is like a lump in the skin; after some time there rises a kind of blister, and sometimes with yellow water, and sometimes clear water; then there is little shooting pains at times from it, but no great misery, sometimes like an aching; and then at other times, it will appear to go away nearly. So it works for a long time, and sometimes it eats very fast. And for the cure get a handful of white oak bark, and make a strong ooze, and wash the cancer well before you apply the salve, every time; then put your salve on a patch, and put it on the cancer twice a day. The salve is made thus:—Get a double handful of red oak bark, the north side of the tree, a double handful of persimmon tree bark, the north side, a double handful of the bark of the roots of dogwood, the north side, a double handful of the bark of sassafras roots, the north side, a handful of running brier roots (called dewberry brier) put these all together, and boil them slowly for about twelve hours, then take out

the barks and roots, strain it, then put it back again, and boit it down as thick as tar. This is the finest salve that I ever knew when the cancer has come to a stand, or matters. for I have cured many with this that were proclaimed incurable. It takes out the inflammation, and turns the cancer to a matter, &c. It would be a good thing to make a poultice now and then of boat's tush and sweet cream; or get a double handful of sassafras, bark of the root, a double handful of dogwood, the bark of the root, a double handful of male sumac roots, boil these well about half a day, take out the barks and manage it the same way as the other medicine above. You may burn alum, and take an equal quantity of copperas and blue stone well beat together, and sprinkle in the cancer, and then put on the salve. But if the cancer be not broke, make a sheet of lead, beat very thin, and pricked full of pin holes and applied to the place; purges should be taken every third or fourth day, and rub the cancer every now and then with spirits of harts-horn mixed with oil, or apply red onions bruised; or make a plaister of rock alum, vinegar, and honey, equal quantities, with wheat flour; change it every twelve hours; this often cures—you may drink plentifully of tar water. Here is a kind of potash that I have found great advantage by; that is, to slice up a good chance of poke roots and put them in a pot over a hot fire till they become ashes, then clean your hearth and put on an equal quantity of yellow sarsaparilla, an equal quantity of black ash bark, an equal quantity of white hickory bark, burn them to ashes, and let them soak to a strong ley, then boil the ley down to a powder; this powder is wonderful to eat cancers, cankers, and old running sores. There is an herb that grows under beech trees like a mushroom, without seed which dried and beaten to a powder and mixed with tar, is a fine salve to eat away a cancer; or take half a pint of small beer, when it boils dissolve in it an ounce and a half of beeswax, then put in an ounce of hog's lard, and boil them together; when it is cold, pour the beer

from it, and apply it by spreading it upon white leather; renew it every other day, it brings out great blotches; wash it with an ooze made of dogwood bark, black oak bark, and sassafras bark; or get an equal quantity of blue vitriol and white vitriol, as much red precipitate as of either of the quantity of vitriol, beat it well together and sprinkle in the sore, and boil slippery elm. and thicken it well with sweet milk and flour, and put on as a poultice or salve, and wash it now and then with the elixer viuriol; and to heal it up, take and stir up some of the sugar of lead, dissolved in spring water, and thicken it with flour and honey as a salve; or beat twenty grains of copperas, five of calomel, mixed well together and sprinkle in the sore.

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### FOR THE BILIOUS CHOLIC.

DRINK warm lemonade; it may answer to lay down a few symptoms. This is generally attended with vomiting a greenish or frothy matter, with feverish heat and violent thirst, a bitter taste in the mouth, little and high coloured urine. This cholic is attended with a violent pain about the pit of the stomach, attended with great sinking of the spirits, and often bound, violent pains through the whole body; if not relieved by puking or purging, &c. give a table spoonful of sweet oil every hour. This has cured when patients appeared to be at the point of death. Take one table spoonful of castor-oil. mixed with a spoonful of lemon juice, or sharp vinegar, every hour until it purges. This is a safe, easy, and effectual purge, not only in all those complaints where the bowels are the seat of the disease, but also in the intermitting and remitting bilious fevers, and fever and ague: Or take a table spoonful of castor oil, and fifteen drops of laudanum, well mixed together, and get in a tub of warm water, about blood warm, and stay there till you get in a moist sweat, then wipe dry and

put on your clothes; this has done wonders; or drink spirits from tar as a bitter, and take half a table spoonful of salts going to bed, and live on light diet; forsake hog meat, and let your milk be half water and a little salt, or boiled and peppered.

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## FOR THE CRAMP CHOLIC.

THIS is a cholic that cramps the stomach, and draws the patient sometimes nearly double with violent pains all through the breast, and will roll through the bowels like goose eggs, and sometimes goes off with a lax, or discharge of the wind up or down before the patient can get any ease. Parched peas eaten freely have had a happy effect. When other means have failed, a pill of logwood berries boiled in a quart of water, to a half pint, and drink, is wonderful; or boil a large burdock leaf in a quart of water to a gill, and drink that; or take and scrape the inside of a pipe and give them to drink; or take a piece of charcoal as large as a small bullet and beat it fine, and give the patient in a little water; or take a young shoat and cut it open as soon as you can and swallow the gall; or make ginger tea and drink; or calamus to chew and swallow your spittle; or dry pig nuts in the chimney and beat fine, and put in spirits and drink; or eat ginseng root freely; or take and combine aloes, assafoetida, and rhubarb in spirits: these are all good medicines. But of all the medicines, garlic boiled in new milk, often relieves the quickest; beware of eating such food as creates wind, or is hard of digestion.

## A FEW WORDS ON MEDICINE, &amp;c.

HERE, in many places, are many remedies for each disorder, not only because all are not easily to be procured at all times and in all places; but likewise the medicine that cures one man will not always cure another of the same distemper, nor will it cure the same man at all times. Therefore, it was necessary to have a variety, so if one fails, there is the other.

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## FOR CONVULSIVE FITS.

TAKE a handful of white oak missletoe, and nine star roots, two tea spoonfuls of salt petre in a quart of rum, and drink of that as a bitter; this has cured many; or beat up a turkey-buzzard's skin of the crow when dried, to a powder, and take as much as will lie on the point of a case knife night and morning, and let your drink be mullen tea, and your diet light. I never knew this fail. Or take and mix the flowers of a woman with wine, and take night and morning is good; or use the cold bath; or take a tea spoonful of valerian root, powdered in a cup of water every evening.

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## LEGS, SORE AND RUNNING.

WASH them in brandy, and apply alder leaves, changing them twice a day; this is wonderful to dry up; or poultice them with rotten apples, and take a purge now and then; or beat white walnut bark fine and wet with vinegar, and apply to them once or twice, to draw the humor: then burn muscle-shells well, beat them fine, and soak them well, and put half a pint of lime water to half a pint of sweet oil, and stir them well together,



and anoint with that twice a day. I have cured many with this medicine that were said to be past cure.

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### TO STOP VOMITING.

BEAT red onions and apply to the groins and pit of the stomach; or beat mustard seed, wet it with vinegar, and bind to the pit of the stomach; or take a spoonful of lemon juice, and six grains of salt of tartar.

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### TO STOP A MORTIFICATION.

APPLY a poultice of flour, honey and water, with a little yeast. When a mortification takes place, the flesh is not already dead, but is dying, or in a state of dying. It is often necessary to abate it by bleeding, if the fever admits, and by cooling, opening medicines; the parts around touched with vinegar, lime water, or camphorated spirits, and scarified: apply a poultice of biscuit of fine wheat flour, boiled with milk, to the mortified place, and take the bark freely; or apply puccoon juice and honey—this is wonderful; or make a poultice of dogwood bark, black oak bark, sassafras bark, black haw bark, sumac roots, and wheat flour or rye meal, and bathe the place beforehand with bitter herbs; or take some tar, feathers, brimstone and hickory coals and put in a vessel and hold the mortified place over the steam, this is wonderful.

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### TO STOP VOMITING BLOOD.

TAKE a table spoonful of sage juice, or the roots and tops boiled and drank every time it takes you; or drink salt and water; or a tea made of the inside of

white hickory bark; or a table spoonful of copper-a-, put to a quart of spring water, and take a table spoonful twice a day; or two spoonfuls of the juice of nettles every morning, and a large cup of the decoction of nettles at night for a week; or tar and roat sugar; or take as much salt petre as will lay on the point of a case knife, three or four times a day, dissolved in cold water.

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### FOR THE BITE OF A SNAKE, OR POISONOUS ANIMALS, &c.

IF a person be bit with a snake, beat black ash leaves and bind to the wound as soon as you can, and make a tea of the bark; this will cure any snake bite; or give them a sweat of seneca snake root the over night, and give them a tea spoonful of the juice of puccoon root in the morning. I have known this medicine to cure hundreds; or bind the liver and guts of the snake to the bite; or apply bruised garlic; or take a quantity of horehound, bruise it well in a mortar, and squeeze out the juice, likewise plantain in like manner, a table spoonful of each mixed together, and a table spoonful to be taken every hour, for three hours, then every three hours till the infusion is done; and put the beaten herb to the bite; this has done wonders; or get the juice of green plantain and new milk, and mix together, and drink; this has cured when thought to be dead; and if they are far spent, put a poultice of garlic to the bottom of the feet; or bind on salt and tobacco to the bite.

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### FOR A FLOODING.

GET a handful of common cherry tree tops, a handful of blackberry brier roots, a handful of white oak

tops, put them in two quarts of water, boil it slowly down to a pint, and let her drink of that according as the case needs. I never knew it fail; or take a piece of alum as big as a hazle-nut, and beat it fine, and take it in a little new milk warm from the cow; this is a good remedy: or beat green plantain and get the juice and give her a table spoonful every half hour, till they abate; or put your husband's shirt on warm off his back. I have known this to do wonders: or get a handful of service bark, and make a strong tea of this, and drink according as you need. I never knew this fail. Or catch some of the flowers and give them back again; and oftentimes when a violent flooding takes place, linen cloths wet in vinegar and water, then wrung and applied to the region of the belly, loins and thighs; these must be changed as they grow dry, and may be stopped as the flooding stops; but when all other things fail and have no effect, cold water dashed upon the patient's belly will stop the flooding immediately. This is a complaint that should not at all times be thought light of, especially after delivery; comfrey boiled in new milk, a little will stop them, and boiled in water will fetch them on.

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## MEDICINE TO MAKE A WOMAN HAVE EASY DELIVERY.

ABOUT a month or a month and a half before you expect delivery, get a good large double handful of spignel roots, and put to a quart of spirits, and drink of that night and morning; this is very good and strengthens the womb very much; or get a handful of vervain roots, three slices of allecompain roots, and a table spoonful of camomile flowers, and a few sprigs of sweet modley, put these to a quart of spirits. and take a table spoonful every morning; if it appears too bitter, to a quart add more spirits; or get seven or eight roots of

Devil's bit, called by some, ring roots, and by some jointed snake root; the form it grows in is like a white plantain leaf in shape, but the leaf is green like a green plantain leaf, the roots are about as long as your finger and full of rings, and the end is rotten off, and is as bitter as gall to taste of: put these roots to a quart of spirits, and take a bitter night and morning, a month before delivery. This is a wonderful remedy, and I never knew one have a hard time that took it. It grows by branch sides in poor land.

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### TO RELIEVE AFTER PAINS.

THE reason of after pains is because the clotted blood can't make its way; although it is a bad sign for a woman to be put to bed, and not to complain of after pains; because when the pains begin to arise the clots of blood descend like the child. When the woman is taken in labour, then when she complains of three or four pains, to give her medicine to fetch it off with ease, will cause her to escape from many dangers, and be heartier when she gets about: Get a handful of vervain roots, and four or five slices of allecompain roots, the same of butterfly roots, (if you can get them,) steep them in spirits; you may always have it by you, and give her a good drink. This cleanses the womb of all bad humors, and prepares them for the same work again. Or take a pill of opium every night for three or four nights; or put oil, (beaver castor,) in wine and give her; or the tea of allecompain, or a tea spoonful of the bark of the root of cucumber, dried and beaten fine, and taken in spirits.

## FOR A SCALD HEAD.

FOR the cure of scald head, the first thing necessary is to cleanse the head by carefully washing it with milk and water. apply mild poultices, changing them every four hours for two or three days; then apply a solution of ten grains of corrosive sublimate, dissolved in one pint of spring water; some recommend tar water, or tar ointment: others a stiff plaister of pitch, so as ultimately to extirpate the hairs, as the best remedies for a scald head; others recommend a decoction of tobacco, a strong solution of soap and water. But the best remedy I ever knew, is to burn a piece of alum nearly as large as a hen's egg, beat fine, put to a quart of water, and half the size of copperas, let it stand till it gets clear, and wash with that night and morning; this kills the humor and heals the sore.

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## FOR A TETTER WORM.

GET a good chance of white hickory bark, the inside, black oak bark, the inside, boil them well together, then strain it, then put it back again in the pot, then put in some blue stone and copperas, then boil it down as thick as tar, and anoint the tetter worm with this every day for a while; then make an ointment of sweet oil—the ointment is made thus: Take a quart of unslaked lime, a quart of muscle shells well burnt and beat, mix them together with water, so as to get half a pint of the lime water, then mix half a pint of the lime water to half pint sweet oil, stirred well together, till it thickens like butter, and anoint with that once or twice a day; this both eats and heals; or get some poke roots and slice them well, then get three or four quarts of sweet cream and put them in a copper kettle, boil them a good while, then anoint the tetter worm often with this; or

use corrosive sublimate in water, ten grains to one pint, and use as an ointment in the tetter worm once a day, and take a purge every ten days.

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### FOR THE GOUT, RHEUMATISMS, CRAMP, ALL INFIRMITIES OF THE SINEWS AND JOINTS, &c.

TAKE a young fat dog and kill him, scald him like a pig, then make a hole in one of his sides, then take out his guts, and put into his belly two handfuls of nettles, two ounces of brimstone, about a dozen hen eggs, and four ounces of turpentine, well mixed together, then sew up his belly close, and roast him, save the oil, and anoint the joints and weak limbs as hot as you can bear by the fire.

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### A REMEDY FOR WEAK NERVES, RHEUMATISMS, AND THE LIKE.

KILL the fattest young dog in March or April you can get, scald him and take out his guts, fill up his belly with a pint of red pepper, a pint of red fishing worms, the bark of sassafras roots, and water frogs, and sew up his belly close again, roast him, and save the drippings, to anoint for sores, gouts, burns, weak nerves, &c.

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### FOR A WATER BRASH.

MANY men are troubled with watery stomachs, much thin fresh water coming out of their mouths: towards morning it usually comes with the form of a vomit.



For this take a little stick and split the end, and put two oak leaves in the split, then cut them round, then put them in your mouth as far as you can well suffer them, and hold the stick fast between the teeth, abundance of water will run off the stomach; then wash the leaves in water and put them in your mouth again; do so as often as you see fit; if you do this before you eat, it will take the water off your stomach, and help your digestion.

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### FOR BURNS, &c.

IF fever be excited by a burn, the patient should be bled and purged, with gentle laxative medicines; but the greatest dependence should be placed upon application to be made to the part affected: as lead water, rum and water, holding the part near the fire that is affected, or immerse the part in cold water, keep it covered with the water one hour or more. Oil is an improper application; a strong solution of soap and water is a good application; an ointment made of Jamestown weed, stramonium, is said to be an excellent remedy. After this inflammation is subdued, cold and salted dough made of Indian corn meal, is a good application, especially where the skin is broken—a poultice made thus: Take some flaxseed and put it in about a quart of water, and boil it down till it begins to thicken, then put some new milk and let it boil a little, then thicken it with a little flour, and spread it on a cloth, then put on some fresh butter, not salted nor washed; that keeps it from sticking, and draws out the fire and heals. Or get a handful of heart leaves, a handful of the inside bark of alder, sheep suet and a little fresh butter, and make an ointment, is good, to put on muslin and put on the burn. Or take unslaked lime, and slake it in common oil, or sweet, then take it out again as dry as you can, and make it into an ointment

with oil of roses; this oil often cures without a scar in a little time.

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## PILES OF THE TWO KINDS.

THE first kind most fleshy women, and more commonly those who lead sedentary lives, are subject to the distressing complaint called the piles; such too as are much troubled with costiveness seldom escape this.—This disorder, by whatever means the disposition to the piles is formed, it generally is more troublesome in the last months of pregnancy than at other times. If the attack be of the more moderate kind, a gentle dose of the cream of tartar, and flour of sulphur combined, will afford considerable relief. Cold applications of any kind, as of cloth wetted in cold water, or spirit and water would answer the purpose. Also the following ointment: Take the yolk of an egg, tincture of opium or laudanum, three tea spoonfuls, neats foot oil, or any other, one table spoonful to be mixed and applied; let the tincture and the yolk of the egg be first mixed together, and afterwards the oil may be added: this ointment gives relief when much disposed to itch; if they protrude outwards, press them between the thumb and finger, and at the same time anoint and put them up carefully.

Those subject to this complaint ought to lie down upon their backs for a few minutes after every stool.—I have known this precaution to do much towards preventing their return when once removed. I am told that an ointment made of the oak ball, powdered and stewed in hog's lard, is a valuable remedy, and there is no reason to doubt its virtue. Steep butterfly roots and drink as a tea, is a wonderful remedy; stew red onions in fresh butter for an ointment; or beat the juice out of Jamestown leaves and wash the part; or burn English rosin in a pot, and set over it, and take a small pill of

Opium on going to bed; or drink tar water; or take a gray cat and cut her throat and save the blood, and skin her, then roast her, and save the fat, then stew the blood and grease and a little fine brimstone, and apply that to the piles, it is of great virtue.

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### FOR GLYSTERS.

THERE are many kinds of glysters that are useful in a bound state:

Get some water gruel made thin, and put a table spoonful of hogs' lard, a table spoonful of honey, a table spoonful of salt, mix them well, and glyster with that. It is a fine glyster: keep it a quarter of an hour, if you can. Another fine glyster, is a table spoonful of glauber salts and warm water; or get a half pint of flax-seed, tie in a rag, and boil it well, then a table spoonful of fresh butter, and glyster with that. New milk and warm water is a mild glyster, cooling to the bowels; if needful put in a little fat. Sweet oil is a good glyster when the bowels are weak, and glyster with that as often as needful. But of all the glysters that ever I knew, when all others give out, this makes the quickest passage: That is, to boil a handful of bitter gourd guts, and glyster with the water; make a trial of a little first, and so on to keep the body open. Take seven or eight cedar berries, going to bed, half a table spoonful of castor oil in the morning, or divide one dose of salts into four parts, and take that through the day.

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### ON THE NIGHTMARE.

The nightmare is a disease of the blood, with gross thick blood; with cold phlegms that stops the nerves, and takes one in their sleep. When the blood works

to the heart and makes one think that a great weight lies on him in his sleep; it differs from the falling sickness; there being no convulsion as in the falling sickness.

The part affected is the heart, or the part of the midriff; the sense of the patient in his sleep is stupified; he supposes himself to be stifled, insomuch he cannot speak a word; he groans and is distressed; that he thinks a spirit is hold of him, or a house falling on him; or he is a choaking to death—he is in so great an anguish of mind that he desires to cry out but cannot. From this is caused the heating or rather boiling of his blood, so that his spirits being attenuated, and the pores opened, the patient suddenly starts up. The blood in this disease is settled about the heart and veins of the breast; from thence cold phlegm, as also from melancholic blood; it sometimes turns to the falling sickness, appoplexy, madness, or hypochondriac, melancholy and other diseases. The remedies the patient ought to take, are, to thin, cleanse, and purge the blood; that is to get a handful of the bark of the root of yellow poplar, a handful of dogwood bark, the north side, a handful of wild cherry tree bark, a handful of yellow sarsaparilla, and a handful of the roots of running brier, put these in a copper kettle, and put a quart of water to every handful, and boil it slowly away to two quart's, and put in a pint of whiskey, take it two or three times a day, and let your diet be chickens, squirrels, beef, mutton, and thin broths, not too high seasoned. Or get a handful of wild cherry tree bark, a handful of running brier roots, a handful of burdock roots, a handful of sassafras bark, a handful of white ash tops, put a quart of water to every handful, boil it half away: drink this for your constant drink, and take fifteen drops of the essence of peppermint going to bed.

## THE KING'S EVIL.

THIS complaint commonly appears first by the thickness of the lips, or stubborn humor in the eyes, then afterwards comes hard swellings in the neck, chiefly thin running sores, and sometimes goes through the whole body, and across the breast like a honey comb, and sometimes comes by the menses stopping too soon on women, and often comes by their parents being poisoned, and cold, and dirt, &c.

For the cure, take as much cream of tartar as will lie on a six pence every morning and evening; or drink for six weeks half a pint of a strong decoction of devil's bit; or set a quart of honey by the fire to melt, when it is cold stew into it a pound and a half of quick lime, beat very fine and sifted through a hair seive, stir this about till it boils up of itself into a hard lump, beat it when cold very fine, sift it as before, take of this as much as will lie on the point of a case knife, in a glass of water, every morning, fasting, an hour before breakfast, at four in the afternoon and at going to bed; or drink a tea of dried burdock leaves made strong, and drink a half a pint night and morning. This often cures of itself; and if it breaks, bathe it well with hot salt, and beat antimony fine, copperas, blue stone, and burnt alum, mixed in tar, and spread on a cloth, put to it twice a day, wash it with white oak and black oak ooze, and put setons to the back of the neck, or cupping glasses; if setons roast a poke root and rub on the thread as you draw it through, to keep it running. Then get a handful of the bark of the root of dogwood, a handful of black oak bark, a handful of the bark of the root of male sumac, a handful of the bark of the root of sassafras, a handful of running brier roots, a handful of persimmon tree bark, put them all in a pot, and boil them slowly for twelve hours, then when the pot is full of water, take out the roots and barks, and boil it half down, and strain it, then put in a table spoonful of salt petre, a table spoonful of

copperas, a table spoonful of burnt alum, and boil it down as thick as tar, and spread that on a cloth twice a day and put to it; every now and then make a poultice of puccoon roots and put to it; purge and bleed once a fortnight.

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## FOR THE INFLUENZA COUGH.

IN the influenza cough, when the cough is dry and hard, take a good sweat; then get a handful of dried horehound, a handful of allecompain, a handful of comfrey, put these to a half gallon of water; then boil it down to a pint, then squeeze it and strain it, put the juice back in the pot, and a pint of honey, a pint of strong apple cider, a table spoonful of salt petre, a table spoonful of fine beat Indian turnip, a half pint of fresh butter neither washed nor salted, stew this down as thick as the honey, and take a table spoonful going to bed, and two table spoonfuls of sweet oil in the course of the day; and make a diet drink of sycamore chips. Blistering is good if the fever is high: the blisters may be put to the pit of the stomach, if the breast and stomach be sore. If the back and shoulders be sore, and head painful, put the blisters to the back, between the shoulders. Often times a scar cloth is good, made of sheep suet, camphor and whiskey, put on the breast. Another medicine is to be taken to keep the blood in circulation; that is, to get a ten gallon pot, fill it full of sourwood leaves, boil them well; then fill the pot with wild cherrytree leaves, and boil the strength out of them; then put a good handful of black snakeroot, and boil the strength out of that; then strain it and put in it a table spoonful of copperas, a table spoonful of fine beat brimstone, and boil it down to pills, and take two of these pills in the course of the day, each one as large as a pea, and take care of cold; let your diet be light and cooling; make a tea of ground



ivy and mountain tea, white plantain tea, and horehound tea, and catnip; some nights put a half pint of boiling water in a cup on some embers; then put some cold water, about two table spoonfuls, in the cup, and a new laid egg, a table spoonful of sugar, stir it well, pour to the water on the embers, drink that; it sweats moderately, cleanses and heals the lungs.

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## DISEASES OF THE EYES.

*White specks in the Eye*—When you go to bed, put some ear wax on the speck; this has cured many. Or loaf sugar mixed well with water, and wash the eye.

*An Eye Water stamp, &c.*—Strain ground ivy, cellandine, and daisies, an equal quantity; add a little rose water and loaf sugar; drop three or four drops in the eye; this takes all manner of inflammation away, smarting, itching, spots, webs, or almost any complaints in the eyes, &c.

*An Eye Water*—Take six ounces of rectified spirits of wine; dissolve in it one drachm of camphor: then add two small handfuls of dried elder flowers; in twenty-four hours after it is infused, it is ready for use; take out a little in a tea spoon, dip your finger in it, and bathe your forehead over your eyes and each temple; do this three or four times in a day and night; in the morning wet a rag in dead small beer, or warm new milk and wash the eyes, &c.

*Eyes bleared*—Drop into them the juice of crab apples.

*For a blood shot eye*—Apply linen rags dipped in cold water two or three hours; or blow into them white sugar candy finely powdered; or apply boiled hysop as poultice.

*Dull sight*—Drop in two or three drops of the juice of rotten apples.

*Hot or sharp humors*—Apply a few drops of double refined sugar, melted in peach brandy.—Or boil a handful of bramble leaves with a little alum, in a quart of spring water to a pint, wash the eyes often with this. Eyes, or eye lids inflamed, is often cured by boiled or roasted rotten apples applied warm; or wormwood tops with the yolk of an egg—this hardly ever fails; keeping from all strong liquids. If white bread poultices be applied to the eye, in an inflamed state, frequently occasion total blindness. Take salt petre, as much as will lie on the point of a case knife, and dissolve in a tea cup of water, and wash the eyes; or soak tobacco in water and wash the eye;—this strengthens the eyes wonderfully.

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### FOR THE BILIOUS FEVER.

I SHALL describe a few marks of this fever, and many other kinds. This generally begins with a cold chill, pain in the limbs, a pain in the back, and back of the neck and head, loss of appetite, then high fevers.—In the beginning of any fever, the stomach is uneasy, vomit; if the bowels, purge; if the pulse be hard, full or strong, bleed, and drink thin water gruel sweetened with honey, with one or two drachms of nitre to each quart. The best drink in general, is to toast a large thin slice of bread without burning, put it hot in cold water, then set it in coals and heat it well; if the skin is dry give it cold; if moist, give it warm. The medicine for cooling—get a handful of white plantain, a handful cinquefoil, a handful of maiden's hair, a handful of polly pody, a handful of mountain tea, mix them all together, and boil them, drink the tea cold. For cooling powder—beat brimstone to a fine powder, mix an equal quantity of salt petre, take as much as will lie on the point of a case knife in fennel tea three or four times a day.

These will break the fever in a short time, but beware of taking cold, and purges the blood. If the pain in the head be great, slice poke roots and wrap in a handkerchief and tie hot to the back of the neck after they are well roasted; put a burdock leaf to the forehead, and to the soles of the feet; or beat fine the root of wild potatoes, and put to the soles of the feet. It has a long vine and a white blossom, is called by some wild rhubarb; the root is lik a sweet potato. Blisters are often good (after bleeding and purging) on the pit of the stomach, the inside of the legs, above the ancles, &c. Another remedy is, to get a good chance of yellow dogwood, and boil it well, then strain it; then tie up a good chance of cow dung, and boil it well, then strain that, and put them together, then boil it to a quart; then put a table spoonful of salt petre and bottle it. Give a table spoonful three times a day; make a drink of wild cherry tree, and running brier and burdoc roots; and if the patient is far spent, get two or three oil beaver castors and put in a bottle of wine; let them drink of that moderately. For the appetite, give the essence of peppermint in water, or elixir vitriol, except there be tenseness in the pulse. An Indian sweat is good in every stage of this fever. If attended with great pains in the limbs, you may take twenty drops of spirits of hartshorn in a cup of water, twice in twenty-four hours.

I have given you a short account of medicine as near as I can, that you can get. I have been to many that were given out by great doctors, and I have never lost one patient to my knowledge.

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## CESSATION OF THE MENSES.

ALL women are alarm'd at the time of the final cessation of the menses, believing that some of consequences may follow. The truth is, that scarce one of a great

number of women suffer more than a temporary inconvenience: on that account it must be acknowledged, however, that if there be a disposition to disease in the constitution, and especially in the womb, it will proceed more rapidly when the menses cease, by being deprived of that local discharge by which they are before relieved. Many remedies have been devised to prevent and correct the mischief expected or supposed to exist; but the present mode of practice is to bleed occasionally, give gentle cooling purges, as manna, cream of tartar, or common purging salts, &c—avoiding all kinds of medicine and diet which are heating. This practice is both rational and successful. I have found it a good way to lessen the quantity of blood to be taken in a gradual manner, so as to imitate as nearly as possible the most regular cessation in the natural way, &c.

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## ON THE PRACTICE OF MIDWIFERY.

I SHALL set down a few instructions respecting proceedings in the time of labor, though this book is too small to give you the full account. If I live, (God willing,) the next author I shall quote, altogether on this work. I shall in a decent manner set down names that are hard to be understood, &c.

The abdomen is the name given to the belly; it is the soft covering of the bowels, extending from the breast down to the following bone, which is called the pubis: This bone stands forward, forming an arch between the hips, and is called by some the bearing bone. It has a peculiar kind of joint in the middle, which sometimes opens in cases of difficult labour, and when this happens it is commonly followed by a collection of matter, which is distressing to the last degree, very difficult to cure, and sometimes fatal to the patient. The sacrum is the part of the bones which is fixed between the hips back-

wards, and is opposite to the pubis. The sacrum extends itself downwards and forwards, forming a curve, and makes it necessary to regulate the passage of the child in a corresponding direction. The large passage or cavity, made by these two bones, together with the other bones of the hips, is called the pelvis. If this cavity is much less than common, or out of shape, so as to prevent the passage of the child, the pelvis is said to be distorted; this distortion may be effected several ways. The common distance between the sacrum and pubis, is rather more than four inches; but it is sometimes found to be no more than one. The lower part of the sacrum, which bends forwards and inward, forming a curve as above, in young women, admits of a little motion backwards, so as to make the passage of the child more easy. But in some instances, especially in those women who do not marry until they become old maids, it is so strong as not to admit of any motion at all. In addition to this, it sometimes bends so far inwards, as very much to obstruct the passage. The mons veneris is the fatty substance which covers the pubis, and extends downwards and sideways towards the two groins.—The labia, the two thick soft pieces of skin which pass on either side, still downwards from the mons veneris, the pudendum, external parts of generation; of these the labia are the principal parts. The perinæum, the part which begins at the lower angle of the labia, and extends backwards to the anus or fundament. This part is subject to be torn in child bearing. The vagina, or the passage from the pudendum to the womb, (the uterus, the name of the womb,) at the upper end of the vagina is an opening into the womb, called the os uteri, or the mouth of the womb, (the placenta) the after birth, called also the cake; and with the membranes, including the child waters, &c. is sometimes called the secundines, the umbilical cord, the navel string, the foetus, the child while in the womb. To these names, I will add in this place the five following terms, expressive of

certain changes which take place in the act of child bearing:

*Parturition*—The act of bringing forth a child; it is another name for labor.

*Dilatation*—The act of stretching and opening at the same time. This is applied to os uteri, and to the pudendum.

*Distention*—The act of stretching or making more open.

*Expel*—The act of turning out. This is performed by the uterus, when it contracts, which it endeavors to do by certain periodical exertions, called pains.

*Presentation*—The act of presenting. This term is applied to the position of the child, and particularly to the part of the child which is first sensible to the touch at the mouth of the womb when labor is coming on. There is the names of the different parts of generation; and again, the common time for complete gestation, is forty weeks; at the expiration of which the process of labor commences, every labor should be called natural, if the head of the child is present. If the labor be completed within twenty-four hours, if no artificial aid be required, if the labour be prolonged beyond twenty-four hours, it may be called difficult, &c.

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## SYMPTOMS OF PRESENT LABOR.

THE first symptom of present labor, is an anxiety arising from a dread of danger or a doubt of safety. This anxiety will be increased if the patient should have heard of accidents or deaths in any late similar case. It is the duty of the midwife to soothe and comfort her when in this situation, by suitable language, and a diligent attention to every complaint. But in the meantime, she should by no means be persuaded to offer assistance before it is necessary. At the commence-



ment of labor, women have commonly one or more chills, or fits of shivering, with or without sense of cold. But should there be one strong and distinct chill or shivering fit, it may be a dangerous symptom. There will be some difficulty in voiding the urine; it should therefore be evacuated frequently, otherwise, it may ultimately become necessary to introduce a catheter.—There will sometimes be a frequent painful disposition to go to stool; this ought to be considered a favorable symptom. A glyster or two prepared of milk and water, or thin gruel, may serve to correct the pain; or if no such disposition be present, the glysters may serve to evacuate the bowels artificially. The mucous discharge which before was without color, will after the commencement of labour, be tinged with blood; this appearance is commonly called the shew. If together with the above symptoms, the usual pains be present, the presumption is very strongly in favour of approaching parturition.

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### COMMON APPEARANCE OF TRUE PAINS.

**FIRST.**—The true pains usually begin in the loins, or lower part of the back, pass round into the abdomen, and end at the pubis, or upper part of the thighs. Sometimes, however, they take the opposite direction, that is, beginning at the thighs or pubis, and ending in the loins; sometimes, too, they are confined to one particular spot, as the back, abdomen, thighs, and even to the knees, heels, or feet, and in some instances other parts are affected, as the stomach, head, &c.

**Second.**—The true labor pains are periodical, with intervals of twenty, fifteen, ten, or five minutes; and moderate pains frequently repeated, are safer than more severe ones at greater intervals. An experienced midwife may generally judge of the nature of present pains

from the tone of the patient's voice. The first change effected by the pains, consists in a dilatation of the parts. Forcible and quick distension, gives a sensation like that produced by the infliction of a wound; and the tone of voice will be in a similar manner, interrupted and shrill; these are vulgarly called cutting, grinding, or rending pains. When the internal parts are sufficiently opened, the child begins to descend, and then the patient is by her feelings obliged to make an effort to expel, and the expression will be made with a continued and grave tone of voice; or she will hold her breath and be silent; these are called bearing pains. It is a common thing to say that women have fruitless pains; this is an unfair and discouraging statement. No person in labor ever had a pain depending on her labor which was in vain. In the beginning, pains are usually slight in their degree, and have long intervals. But as the labor advances, they become more violent, and the intervals are shorter. Sometimes the pains are alternately stronger; the next weaker, or one stronger and two weaker; but every variety has its own peculiar advantage, being wisely adapted to the state of the patient. Nothing, therefore, can be more preposterous, than any kind of artificial attempt to add to the strength of the pains, or to hasten their return. It is wrong even to direct the patient to help herself. The supposed skill of midwives, in these points, has done more mischief to society, than the most skillful practice ever did good, &c.

Though false pains may be detected and removed, a case may occur where it may be necessary to determine whether present pains be true or false; because, if false pains be encouraged or permitted to continue, they may at length occasion premature labor. Then some known cause commonly goes before and brings on false pains, as fatigue of any kind, especially too long standing on the feet, sudden and violent motion of the body, great costiveness, a diarrhœa, a general feverish disposition, some violent agitation of the mind, or the like. But

the most certain way for detecting false pains, is by an actual examination; this operation is commonly called taking a pain. The position in which women are placed when it is necessary to examine them, varies in different countries, and indeed almost every midwife has her own opinion; but most regular men direct the woman to repose on a couch or bed upon her left side, with her knees bent, and drawn up towards the abdomen; and this is certainly the most convenient and decent method. The examination should be performed with the utmost care, decency and tenderness.

If there be perceptible pressure on the os uteri, or if it be perceived to dilate during the continuance of a pain, the woman may be considered as really in labor; but if neither pressure nor dilatation can be felt, the conclusion may be drawn that the pains are false. If it be determined that the pains are false, it will be proper to attempt to remove them; when occasioned by fatigue of any kind, the patient should rest in bed; if she be of a feverish disposition, she should lose some blood. Generally it will be proper to give a dose or two of manna with sweet oil, or castor oil, or the like; mild and opening glysters should be injected every three or four hours till the bowels are emptied. After these evacuations, which should be repeated according to the exigency of the case, she should have a grain of opium with one grain of ipecacuanha every three hours, till she be composed. Let it be observed, however, that an examination should never be made in too great haste; and if it be probable that the patient is really in labor, an examination ought not to be made until the membranes are broken, or until the os uteri is fully dilated; but more of this in another place.

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### PROGRESS OF NATURAL LABOR.

THERE may be said to be three stages, in the progress of natural labor. The first includes all the cir-

circumstances of the pains to the complete dilatation of the os uteri, the breaking of the membranes, and the discharge of the waters. The second includes those which occur at the time of the opening of the os uteri, to the expulsion of the child: And the third, includes all the circumstances which relate to the separation and exclusion of the placenta. But to treat of each of these stages more particularly, and in order: The os uteri is not always found in the same central position; nor does it always dilate in the same length of time. The first part of the dilatation is generally made very slowly; but when the membranes containing the waters begin to insinuate themselves, they act like a wedge, and the operation proceeds much more rapidly. It cannot well be told with certainty, how long time will be required in any case for the complete dilatation of the os uteri, yet some conjecture may be made. If, for example, after the pains have continued for three hours, the os uteri should be dilated to the size of one inch; and three hours more will be required for a complete dilatation; making in all eight hours. This calculation supposes the labor to go on regularly, and with equal strength. But the os uteri sometimes remains for hours in the same state, and yet when it begins to dilate, the complete dilatation is soon perfected. Again, in some cases the dilatation proceeds on regularly for a while, and then is suspended for many hours, and afterwards returns with great vigor. With first children, this stage is commonly tedious and very painful: some considerable judgment is therefore necessary on the part of the midwife, for supporting the patient and confidence of the suffering woman, as the labor proceeds, the pains become more frequent and forcible. If the dilatation should take place with difficulty, there will sometimes be sickness of the stomach and vomiting; this is a favourable circumstance, as it commonly has a tendency to relax the system; at length, after a greater or lesser number of hours, as the case may be, the dilatation is effected. But let it be care-

fully observed, that no artificial aid is to be offered during this part of the process. It may indeed be well enough to pretend to assist, with the intention to compose the mind of the patient, and inspire her with confidence. But be assured, that all manual interposition will retard the progress of the dilatation; let the patient and bystander be importunate; pain on the one hand, and ignorance on the other may excuse them. But the midwife must be firm in the discharge of her duty; care must be taken not to break the membranes, should an examination be deemed necessary, when the os uteri is fully dilated; they are usually broken by the force of pains. If this should not be the case, they will protrude outward, in the form of a bag, and then are of no further use. If the labor has not been disturbed, the child is commonly born speedily after the natural rupture of the membranes: and therefore, if the birth be delayed after this event takes place, it will be very proper time to make a careful examination of the state of things. Here I must be permitted to remark, that touching the parts too frequently, is highly pernicious; the juices furnished by nature for moistening, softening, and by these means preparing the parts for distension, must be improperly exhausted by repeated applications of the hand; if the passage be thus left dry, it will be much disposed to irritation, and the whole process may be deranged. In every difficult case which has come under my observation, I have been able to trace all the existing evils back to the common error, of too early taking in hand, as the operation is commonly called. Your pomatums, oils, lard, and ointments, are poor substitutes for natural fluids, which are wiped away. Indeed they may do injury by clogging the mouths of little vessels through which those fluids are secreted; by escaping any such injury it happens pretty commonly that women taken at surprise, have better times, than when aided by good midwives of the neighborhood; if there be no irregularity, nature is always competent to the task appointed her

of God; and the only circumstance which can make it necessary to call in a midwife at all, is a possibility of such irregularity, and the convenience of having her dexterity in the management of the placenta, dressing the child, &c.

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## SECOND STAGE OF NATURAL LABOR.

THE second stage of natural labor includes all circumstances attending the descent of the child through the pelvis, the dilatation of the external parts, and the final expulsion of the child. In general, it will follow, that the further the labor is advanced before the discharge of the waters, the more safely this second stage will be accomplished; as the head passes through the pelvis, it undergoes various changes of position; by which it is adapted to the form of each part of the passage, and that more or less, readily, according to the size of the head, strength of the pains, &c. Whether these changes are produced quickly, or in a tedious manner; whether in one or more hours, it can by no means be proper to interfere, for the powers of the constitution will produce their proper effect with less injury and more propriety than the most dexterous midwife. When the head begins to press upon the external parts at first, every pain may be suffered to have its full and natural effect. But when a part of the head is fully exposed, and the fore part of the perinæum is on the stretch, it is necessary to use some precaution to prevent its being torn, and the more expeditious the labor, the more is this caution necessary. Some have thought that if the external parts be very rigid, they should be frequently anointed with some kind of ointment; nothing can equal the natural juices. But if from any cause the parts become heated and dry, flannels wrung out of warm water should be applied for some time, and after-



wards some very mild ointment might not be amiss. Women with first children are most subject to inconvenience and difficulty in these respects; to prevent any injury of the external parts, the only safe and effectual plan is to retard for a certain time the passage of the head through them; therefore instead of encouraging the patient at this time to use her utmost exertions to hasten the birth, she should be convinced of its impropriety, and be dissuaded from using any voluntary exertion. If she cannot be regulated according to your wishes, her efforts must be counteracted by some equivalent external resistance: this may be performed by placing the finger and thumb of the right hand upon the head of the child during the time of a pain; or by placing the balls of one or both thumbs on the thin edge of the perinæum, with first children. If there be great danger of laceration, the right hand may be used as before, and the palm of the left wound round with a soft cloth may be applied over the whole perinæum, where it must be firmly continued during the violence of the pain. It is proper to proceed in this way, till the parts are sufficiently dilated; then the head may be permitted to slide through them in the slowest and gentlest manner, paying the strictest attention, till it is perfectly cleared of the perinæum. If there should be any delay or difficulty when the perinæum slides over the face, the fore finger of the right hand may be placed under its edge, by which it may be cleared of the mouth and chin before the support given by the left hand be withdrawn; the assistance should be applied in a proper direction, and with uniformity; otherwise the danger of injury to the external parts will be increased by irregular or partial pressure, the head being expelled, it is commonly deemed necessary to extract the body of the child without delay; but experience has now taught that there is no danger, and that it is far safer for the mother and child to wait for the return of the pains, and when the shoulders of the child begin to advance, and the external

parts are again brought to the stretch, the same support should be given to the perinæum as before. The child should then be conducted in a proper direction, so as to keep its weight from resting too heavily on the perinæum; two or three pains are sometimes necessary for the expulsion of the shoulders; after the head is born, the child should be placed in such a situation that the external air may have free access to its mouth; but let its head be covered. Having taken the proper care of the mother, it will be necessary to proceed to the third and last part of the operation.

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### THE THIRD STAGE OF NATURAL LABOUR, THE MANAGEMENT OF PLACENTA, &c.

THERE is a proper time for dividing the funis or umbilical cord before the child breathes and cries; a motion of the arteries of the cord may be felt beating like the pulse; but after it breathes and cries, this pulsation or motion ceases, and the string becomes quite relaxed and soft. These circumstances ought to take place before the umbilical cord is divided; ten, fifteen, and sometimes twenty minutes are required for the complete relaxation of the navel string; then let it be tied in two places and divide between them. Soon after the birth of the child, the midwife should apply her hand upon the abdomen of the mother, to determine whether there be another child, and whether the womb contracts in a manner favourable to the separation and removal of the cake. Most women are extremely uneasy till the placenta is removed, and suppose the sooner it is accomplished the better; but this uneasiness is unnecessary, and all hurry is improper. After the birth of the child, let the first attention be paid to the mother; tranquility should be restored to her mind, and the hurried circulation of the blood should be calmed; she should

be recovered from her fatigue, and her natural state regained as soon as possible. With this design, let her be kept quiet, affording her at the same time some suitable refreshment; in the course of ten, fifteen or twenty minutes the pains will return for the purpose of expelling the placenta and it will generally be expelled without any kind of artificial aid, which should never be employed where it can be avoided; but if it descends too slowly, the midwife may take hold of the cord, and by pulling in a gentle manner, and in a proper direction, may afford some assistance, and this should be done only in time of pain. After the cake is brought down into the vagina, whether by the natural pains, or with the artificial aid as above, it must be suffered to remain there till excluded by the pains; this may prevent a dangerous flooding, if an hour be requisite for the exclusion. After it enters the vagina, no assistance ought to be offered, but after that time it may again be gently pulled in the time of the pains. No objection should be raised to this plan from any supposed advantage, to be derived to the child, from laying the cake upon its belly, on the coles, in hot embers, in hot wine or the like; all this is of little or no account. Let it then be a settled point that hurry is improper, either in dividing the string, or removing the cake. Haste in the first may destroy the child, in the last must injure the mother. In a greater or lesser degree, if the ill effect be not immediately perceived, she will at length be sensible of the injury when her health gradually declines. The conclusion to be drawn from the foregoing is, that parturition is a natural process of the constitution which generally needs no assistance; and when it is natural, it should always be suffered to have its own course without interruption, &c.

## INTRODUCTION TO DIFFICULT LABOR.

IN consequence of their natural construction, the women must be subject to great pain and difficulty in parturition. Yet, by the peculiar form of the mother, and the original construction of the head of the child, ample provision is made for overcoming all the difficulties to which they are subject. But by the customs of society, and various other causes, women are rendered subject to diseases and accidents which increase their natural inconveniences, and produce new causes of danger.—Therefore there will be occasions which require assistance.

The first distinction of labor requiring assistance of art, may be called difficult, and every labor in which the head of the child presents, but which is delayed longer than twenty-four hours, ought to be classed under this head. Difficult or tedious labors may be of four kinds; those which are rendered difficult from a too weak or an irregular action of the womb; those which are occasioned by a certain rigidity or firmness of the parts, in consequence of which the dilatation is tedious and difficult; those in which a quick and easy passage of the head of the child is prevented by some distortion of the pelvis, or too large a size of the head; those of the soft parts which are rendered difficult from diseases.

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### FIRST KIND OF DIFFICULT LABOR.

THE action of the womb is sometimes too weak, in consequence of great distention. In a case of this sort, the safest, and frequently the only remedy, is to allow the patient to walk or stand, pursue any amusement, or choose that position which she may prefer. Sometimes, however, frequent glysters of warm milk and water, or thin gruel might be injected; or if the pains should be

feeble and come on in a very slow manner, and if the labor be far advanced, it will be proper to give a glyster of gruel made more vivitating, by the addition of an ounce of common table salt, or a like quantity of purging salt, whichever may be most convenient. The action of the womb may be feeble and tedious, in consequence of being partial or incomplete; in a case of this kind the patient will complain that the child lies high in the stomach; or she will have cramp like pains in various parts of the abdomen, which seem quite ineffectual; if these pains be great, and different from common labor pains, they are commonly the effect of a feverish disposition; and if so, the patient may lose some small quantities of blood; she may take thirty or forty drops of spirits of nitre in a cup of some kind of cooling tea, every two or three hours. Her bowels must be kept open with glysters or gentle doses of manna, castor oil, or purging salts; and sometimes it will be found useful to anoint the whole abdomen with warm oil; if little fever be present she might walk about the room in the intervals between the pains. If she should have suffered long, after the blood letting and a glyster or two, she should take forty-five or fifty drops of the tincture of opium, or one grain of opium mixed with one and a half grains of ipecacuanha, to be repeated if necessary at the end of six hours; the powder is preferable to the tincture of opium. In this case, sometimes the pains are not sufficiently strong to break the membranes containing the waters. If the presumption be that the membranes are too rigid, or if sufficient time may have been allowed, it may become necessary to break them artificially. But as was observed under the head of natural labors, this must be done with the greatest caution. It should be first known that the os uteri is fully dilated, and care must be taken not to be deceived on this point, because the os uteri is sometimes so thinly and uniformly spread over the head of the child before it is in any degree dilated, as very much to resemble the membranes. If it be determined to

break the membranes, no instrument is necessary but the finger, or at least the finger nail prepared for the purpose, by being cut and turned up; the shortness of the funis, or umbilical cord, may be the cause of difficult labor, resembling that which is the effect of a feeble action of the womb. It may therefore be explained in this place.

The umbilical cord may be short originally, or may be rendered so by being wound round the neck, body or limbs of the child. If the child should be drawn back upon the declension of a pain, the shortness of the umbilical cord may be always suspected: by allowing sufficient time this inconvenience will commonly be overcome. If, however, the child should not be born after waiting long enough, it may be necessary to change the position of the patient, and instead of reposing on a bed or couch, as advised in the instructions for taking a pain, she may be placed upon the lap of one of the assistants; it will frequently be found advantageous to prefer this position in lingering cases, especially when the parts seem fully prepared for dilatation. When the head of the child is expelled, the funis may be brought forward over the head, or backwards over the shoulders; but if neither can be done, it may be necessary to wait for the effect of time; it is not so dangerous as some suppose for the child to remain some time in this position; but the air should have free access to its mouth. But when it can no longer be considered safe, the funis must be divided with the usual precaution of tying, &c. If the child be dead and swelled, the labour will commonly be exceedingly difficult, and put on appearances similar to those of the foregoing cases; it may be found necessary in an instance of this sort, to place a towel or handkerchief around the neck of the child, and then by taking hold of both ends, considerable aid may be afforded. But if this method should not succeed, one or both arms should be brought down, and included in the handkerchief, by which means still greater force may be applied. In all



cases however, where it can be done with safety, it will always be more safe and humane, to wait the effect of natural efforts than to use much force. Consumption and other diseases, with general debility, commonly causes great apprehensions about the issue of parturition. But if there be no untoward circumstance in the way, it will be found that there is a peculiar balance obtaining between the strength of the patient, and the disposition of the parts concerned for dilatation; give them time and they will be delivered. When labour is common, there is generally a sense of heat, quickness of the pulse, thirst, flushed cheeks, in one word a general fever, sick disposition: these appearances may be considered natural efforts for carrying on the depending operation of the system; but the fever runs sometimes too high, and exhausts those powers of the system which ought to have been otherwise applied. When this is the case, nothing can be more erroneous than the common and almost universal plan of giving wine, spirits, or other cordials. This kind of treatment is calculated to increase the fever and destroy the pains. Instead of spirits, wine and opium, have recourse to cooling drinks and moderate blood letting, to be repeated according to the circumstances; to these may be added frequent mild glysters, and a gentle purge or two, &c. The room should be kept cool and well aired, and the patient should be kept cool and well aired also, and the patient as much as possible composed. Fat and inactive women very frequently have slow and lingering labor, they seem subject to debility of the indirect kind; in every case of this sort, it must be very improper to make use of spirits, &c. to hasten pains. Patients under the impression of fear, will almost in every instance be subject to a tedious labour; and as the time is prolonged their fears will naturally increase, so that ultimately they may be brought into danger by their own cowardly imagination. The midwife should therefore use discreet measures to inspire more favorable sentiments, &c.

Concerning letting blood in time of labour, it cannot be admissible in every case, even with the most robust women. But if there be fever, or if the pains be very strong, and the exertions of the woman seem vehement, in either of these cases it is necessary to lose blood.

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### DIFFICULT LABOR.

**MOST** women with their first children suffer more or less from the difficult distention of the parts concerned in parturition; but the rigidity which is the cause, commonly lessens with every child in proportion to the number she has; and has sufficient resources within herself for delivery—sometimes blood letting is necessary. In this case, if the woman be advanced in age at the time of having her first child, this rigidity of the parts will be the greater, and of course the labour may be more difficult. Women of this distinction or description might generally avoid much inconvenience by occasional blood letting towards the close of pregnancy, by making frequent use of gentle laxatives, as manna, sweet oil, castor oil and the like, sitting over the steam of warm water every night at bed time. It may be observed, however, that it frequently happens that women at forty five fare as well as they could have done with their first child at twenty-five; none therefore ought to be discouraged.—The natural efforts of the constitution in these cases are astonishing.

## CONCLUSION OF MIDWIFERY.

- 1 THE midwife's cry is often heard,  
And often calls when not prepared—  
And many go against their will,  
The reason why, they lack in skill.
- 2 Although they say they have the art,  
Though not in full, but in a part;  
And often find that they are lacking,  
Strait way then for a doctor to back them.
- 3 Then comes the doctor with his skill,  
Relieves the pains that oft doth kill,  
Which throws the midwives in a maze—  
With trembling hearts they stand and gaze.
- 4 When the horrid scene is o'er,  
They the patient's case deplore,  
And talk of this, and every part,  
But still they know they lack the art.
- 5 Although in cases they are good,  
So is the dote that's in the wood;  
Though when the tree is fresh and green,  
No skill in them is to be seen.

## THE COLD FEVER, OR TIGER GRIPE.

THIS is a new disease that has been approaching through the land ever since the shaking of the earth, and is little understood, though many opinions have been drawn upon it: And as I have been successful in its cure in the year 1813, losing but two out of sixty-seven patients, I beg leave to give my opinion of the disorder, although I may be in the dark, without the true light of the causes of the disease. I am no prophet, nor the son of a prophet, to pretend any superior skill in the particular signification; all that I can assert with any confidence in such cases is, that the Almighty with an outstretched arm, is frowning and bending his bow, and making his quiver ready to shoot at the inhabitants of the earth; and that we had best consider and examine ourselves, and prepare to meet Him in the judgment of the great and last day: all diseases are the servants of the most high God. For instance, shall there be evil in the city and the Lord hath not done it? If it comes from the air, is he not the author of the air and ruleth it? If it comes from the earth, hath he not the same power over it, &c.? We hear it declared from his excellent glory, "That I will bring a sword and avenge the quarrels of my covenant, and when you assemble in cities, then will I bring the pestilence in the midst of you." As there are sulphurous vapours that are drawn from the earth, by reason of the heat of the sun, which meeting in the middle region of the air with cold and moist vapours, are together with them inclosed in a hollow cloud; but when the hot exhalations agree with the coldness of the place, by this strife being driven together, made stronger, kindles and causes the noise which we call thunder; as we may add the breaking of an egg in the fire, or an apple, or the flash of a gun, by inclosing the hot winds and sulphurous vapours, and cannot have vent, it will seek itself a way, by breaking the skin, or shell, or the like; and when there is little or no thunder and lightning to burn those

vapours and fumes that proceed from mineral juices, they affect the air, and in damp giving weather, cause malignant distempers, and sometimes death to animals, and fill the air with such soot and volatile salt, and the air abounding with such particles, is very apt to inflame and exulcerate the lungs, &c. Thunderbolts are nothing else but the matter of those vapours and exhalations, which are the material cause. For we see by experience, that even our urine has always some such concreted drugs belonging to it, and sometimes perfect stones made out of it, either in the reins or uterus, or the bladder. I have stated my opinion respecting the cause of the disease, or cold fever. Another observation worthy of remark, is, respecting well diggers; if they meet with sulphur how it stagnates them, and often kills.

The symptoms of this complaint are violent, and if not early checked soon set all medicine aside. It often comes with cold chills, then a high fever, a pain in the side, (sometimes in the right, sometimes in the left,) it is most fatal when in the left; pain in the head, an aching in the bones; sickness at the stomach. If there be sickness at the stomach, a puke is necessary (of ipecacuanha) if in the bowels, a purge of calomel; then a miraculous sweat. Get a pint of whiskey, heat it boiling hot, set it on fire, put the still cap over it, and put the little end in the bed, as hot as the patient can bear the steam.—Where the pain is most acute, cup, scarify and blister; but by no means let blood; draw blisters on the chest; boil red pepper, mustard seed, salt petre, and whiskey, together, and wash where the pains are most severe. If the headache is acute, beat peach tree bark, and wet it in good strong vinegar, and bind to the forehead; or fetherfew and vinegar; snuff the juice of ground ivy, or hartshorn; bind roasted poke roots to the soles of the feet. Bathe the feet in weak ley; apply a blister behind each ear, and the back of the neck. If the pain still continues in the head, shave a large place on the top and apply a plaister there. If the cough is hard, get a

handful of horehound, a handful of spikenard, a handful of the bark of the root of spicewood, a handful of allecompain, a handful of comfrey, a handful of the bark of the root of yellow poplar, boil them in three gallons of water to one, strain it; add a quart of honey, a quart of hard cider, a table spoonful of salt petre, a table spoonful of dried Indian turnip, boil them to a quart; take from half a spoonful three times a day, to a spoonful three times a day, and keep the bowels open with purging salts, castor oil, cream of tartar and the like. Take from five to fifteen drops of the elixir vitriol, three times a day to keep the appetite up; make a constant drink of sycamore chips and groundivy. When the attack is violent at the first, the warm bath is wonderful; or if the pain is severe in the breast, get spicewood, horehound, catnip, boil them strong, strain it, thicken it with rye meal, put it in a little bag, lay it on the breast as warm as you can bear it. Or boil allecompain, comfrey, catnip, salt petre, hard cider, and honey, put it in a coffee pot, and suck the steam in the lungs as warm as you can bear.

When doctors first began their skill,  
 A many a patient they did kill;  
 But now they've got it in possession,  
 They give the means, and say, God bless them.

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## THE ANATOMY OF MAN'S BODY, WITH THE NUMBER OF BONES.

IN the top of the head is a bone that covereth the brain, called the capitol bone; in the skull there are two bones close and stedfast; and lower in the brain, is a bone called the crown of the head; and on the one side, and on the other, are two holes, within which is the palate or roof bone; in the part behind the head, are four little bones, to which the chain of the neck



holdeth; in the nose are two bones; the bones of the chaps above, are eleven, and of the nether jaw are two. Above the opposite of the brain, there is one behind, named collateral. The bones of the teeth are thirty-eight before, four above and four underneath, sharp-edged, for to cut the morsel; there are four sharp, two above and two underneath, and all are called canines, for they are like canines' teeth. After that are sixteen; they are like as they were hammers, or grinding teeth, for they chew and grind the meat which is eaten.—There are four above on every side, and four underneath; then the four teeth of sapience on every side of the chaps, one above and one underneath. In the chin, from the head downwards are thirty bones, called knos or joints. In the breast before are seven bones; and on every side twelve ribs; by the neck between the head and shoulders, are two bones, named the sheers, and the two shoulder blades from the shoulders to the elbows. In each arm is a bone called adjutor, from the elbow to the hand bone. In every arm are two bones that are called cannis. In each hand there are eight: above the palm are four bones called the comb of the hand; the bones in the fingers in each hand are fifteen; in every finger three. At the end of the ridge, are the truckle bones, whereto are fastened the two bones of the thighs. In each knee is a bone, called the plate. From the knee to the foot in each leg are four bones, called the ancle or pin of the foot; behind the ancle is the heel bone in each foot, which is the lowest part of the man; and above each foot is a bone called the hollow bone. In the plant of each foot are four bones, they are the lambs of the foot, in each of which are five bones. The bones of the toes in each foot are fourteen. Two bones are before the belly to hold it stedfast, with the two branches; two bones in the head behind the ears, called oculares—we reckon not the tender bones of the end of the shoulders, nor the sides, nor of divers little gristles and spiders of bones, for they are comprehended in the number aforesaid. They are in all two hundred and forty-eight.

## THE USE AND ORDER OF BLOOD LETTING WITH THE NAMES OF THE VEINS, AND WHERE THEY REST.

THE vein in the midst of the forehead should be opened for the headache; pains in the head, pleurisy in the head, fevers, lethargy, and for the megrim in the head. Behind the ears are two veins, which we let blood to give clear understanding and virtue of light, for thick breath and to prevent measles or leprosy. In the temples are two veins called the arteries, for which we let blood to diminish and take away the great repletion and abundance of blood that is in the brain, that might annoy the head and eyes; it is good against the gout, megrim, the pleurisy in the head, and divers other accidents that may happen to the head. Under the tongue are two veins that are to be opened for a sickness called the quincy, and against the swelling and imposthume of the throat; and against the squinancy, by which a man may die suddenly for default of such bleeding. In the neck are two veins called original, because they hold abundance of blood that governeth the body of man and principally the head; but they ought not to let blood without the counsel of physician; and the bleeding availeth much to the sickness of the leprosy, when it cometh principally of the blood. The vein of the heart taken in the arm profiteth to take away the humors or evil blood that might hurt the chamber of the heart; and is good for them that spit blood, and that are short winded; by which a man may die suddenly for want of bleeding. The vein of the liver taken in the arm, assuageth the great heat of the body, and keeps the body in health; this bleeding is profitable also against the palsy, whereof a man may die for the lack of bleeding, imposthumes, jaundices, &c. Between the master finger and the leech finger, to let blood helpeth the pains in the stomach and side, as botches, im-

posthumes, and divers other accidents, that may come to those places by great abundance of blood, and humors in the sides. Between the womb and the branch are two veins, that on the right side we let blood for the dropsy, and that of the left for every sickness that cometh about the melt; and they should bleed according to the fatness or leanness of the party; take good heed at four fingers near the incision, and they ought not to bleed without the counsel of the physician. In every foot are three veins, one is under the ancle, named saphon, which ought to be opened to assuage and drive away divers humours, botches, and imposthumes that cometh about the groin, and profiteth much to women, causing the menstruosity to descend, and delayeth the hemorrhoids that cometh in the secret places, and the like. Between the wrists of the feet and the great toe is a vein, which ought to be opened for divers complaints and inconveniences, as the pestilence that taketh a person suddenly, by the great superabundance of humor; and this bleeding must be performed in twenty-four hours after the patient is affected, and before the fever comes on; and this bleeding ought to be done according to the corpulency of the patient. In the angles of the eyes, are two veins, which we let blood for the red and watery eye, and divers other disorders that may happen by overabundance of humors and blood in the vein. At the end of the nose we bleed for red pimpled faces, red drops, pustules, small scab, and other infections of the heart, that may come by too great repletion, and abundance of blood and humors. It is excellent for pimpled noses and disorders in the mouth. In the gums are four veins, that is to say, two above and two beneath, which we open for the cancer in the mouth, and the tooth ache. Between the lip and chin is a vein, that is to be opened to give amendment to them that have an evil breath. In each arm are four veins: first, the vein of the head is the highest; the second is from the heart; the third is from the liver; the vein of the head taken in the arm ought

to be opened to take away the great repletion and abundance of blood that may annoy the head, the eyes and brain; and is very good for changeable heats, swelled and red faces, and for divers other disorders that may come by the great abundance of blood. Fourthly, the vein of the melt, otherwise called the lower vein, should be opened for fevers, tertians, quartans; and the orifice ought to be made wide and shallow, to prevent the gathering of wind, and fear of a sinew that lies under it, called the lizard. In each hand are three veins: that above the thumb ought to be opened to take away the great heat of the visage, and for much thick blood and humors that are in the head; and this vein lieth more than that in the arm, between the little finger and the leech finger: letting of blood greatly profiteth all fevers, whether they are tertian or quartan. In the thighs is a vein, when opened, is good for pains of the genitals, and puts out of the man's body humors, that are in the groin. The vein that is under the ancle of the foot on the outside, is named sciat, when opened is very beneficial against pains in the flanks, and to drive out humors which would gather in said place, and availeth much toward the benefit of women to restrain their menstruosity, when they have too great abundance.

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### FOR THE DROPSY.

TAKE steel dust, make it as fine as you can: Get a pint of honey, a handful of fetherfew, a handful of sweet basil, a handful of sweet fennel, a handful of tame pen-eroyal, a table spoonful of callender seed, put the herbs into an oven to themselves, and dry them well over a slow fire: when they are dried well, beat them to snuff and mix them with honey; add a table spoonful of the steel dust, and roll them in starch, and take six of the pills in the day, the size of Anderson's pills. You must

not eat sweet milk nor bacon, nor any thing high seasoned. This I never knew fail.

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## FOR THE ITCH, OR ANY ERUPTION OF THE SKIN.

**TALE** a handful of sour dock roots, and a handful of the bark of dogwood root, one handful of the bark of elder root, one handful of balsam, one handful of the bark of sassafras roots, a piece of poke root as big as a goose egg, all boiled well together, then strained and stewed slowly down to the consistence of syrup, then taken off and stirred slowly till half cold; add two spoonfuls of tar to a pint of the decoction, one spoonful of salt petre, one spoonful of soft soap, one spoonful of fine brimstone, one spoonful of black pepper beat fine; all this to be stewed well together. It may be rubbed on the joints as mercurial ointment, or all over the body, if necessary. It is good for any itching humors.

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## TO DRY UP OLD SORES ON THE LEGS.

**FILE** brass and put in it, and put over it a plaister of tar; or beat rock or horse antimony and put in it, and a plaister as above. To take the fever out of a sore leg, get elder berries and boil to a salve, and put it on twice a day as a plaister, and take a spoonful of the salve inwardly twice a day, and wash it well with the sugar of lead.

## TO DRY UP THE MILK IN A WOMAN'S BREAST.

TAKE the stinking mud from the kitchen door, where dish or slop water is thrown out, heat it and put it to the breast as a poultice.

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## DIRECTIONS FOR YOUNG CHILDREN.

I NOW proceed to consider some of the particular diseases to which young children are exposed; and the first to be noticed is commonly called red gum; it has its name from its appearance, being red eruptions on any part of the body or face of very young children; it is not dangerous, and generally goes off in a few days. Doctor Dowel supposes it may be the effects of heat, and the friction of flannel.

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## OF THE JAW FALL.

ANOTHER disease of young children is the jaw-fall. The name is sufficiently expressive of its nature. I think it seldom occurs in this country; but wherever it does happen, it is said to be incurable; it may be prevented however, by purging the child soon after its birth with the following preparation: Take magnesia, twenty grains, rhubarb. five grains, grind them carefully together; of this powder give from three to five grains every four or six hours, until the evacuations are sufficiently copious. Some think this an excellent remedy, and recommend it in all cases of new born children. Perhaps it would seldom be improper where the natural discharges are deficient; it may be given in a little breast milk or fennel seed tea, with or without sugar.



## SORE OR RUPTURED NAVEL.

IF the child be distressed with a sore navel, mix together ten grains of the sugar of lead, and forty grains of wheat flour, sprinkle the sore with this powder two or three times a day, after having each time cleansed it carefully and tenderly with milk and water; cotton or linnen scorched very brown, will commonly dry the sore speedily after the redness is removed by those powders, or by the application of the bread and milk poultice.— For a ruptured navel apply a plaister made of the diachylen salve and common raisins: Say, diachylen salve, five parts, raisins one part, to be melted together. This application acts merely by confining the intestines to their proper place, until nature may have time to perform the cure.

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## THE THRUSH.

THIS is a very common complaint among young children. Its approach may be known and stopped by a few doses of the powders recommended in the case of the jaw-fall. When this disease takes place, the tongue becomes in some degree swelled; its colour, and that of the throat is purple; sloughs, or rather ulcers appear first on the throat, edges of the tongue, and at length over the whole mouth. These sloughs, or ulcers are of a whitish colour; sometimes they are quite distinct, and in some instances run together. The time of its duration is uncertain. For the cure, let the mouth be carefully and gently washed several times in the day, with the following solution. To half a gill of water well sweetened with honey or molasses, add fifteen grains of borax: when dissolved it is ready for use. Or if this is not convenient, take sage tea, half a gill, sweetened as before, add to it from five to ten grains best almond soap

to be used as above; or take a handful of briar roots, a handful of persimmon tree bark, a handful of privet, a handful of white oak bark, a handful of common cherry tree twigs, and one handful of sage; boil it together well, and then strain it, then add a tea spoonful of alum, a half a pint of honey, half a tea spoonful of salt petre, and a little vinegar, and wash the mouth twice or three times a day, is a certain cure.

---

### OF MILK IN THE BREAST.

IT is very common for milk to collect in young children's breasts; their nurses intending them a kindness, carefully squeeze it out by dint of force; this should never be done, because it sometimes induces a hard and dangerous swelling. The milk may be scattered by bathing the breasts with a little spirits, or by applying an ointment made of oil and camphor.

---

### THE BELLY ACHE.

THIS complaint is commonly the consequence, either of the mother eating too much rich food, or of feeding the child too soon on vegetable diet. Women giving suck, should prefer a vegetable diet; milk is also an excellent article for them at times. Children should be weaned at ten or twelve months old; it is injurious to the mother and child to give suck after the return of the menstruation.

The remedies proper for the belly ache, are peppermint water, tincture of opium, or paregoric elixir, or the powders recommended in the case of the jaw fall; but the spirits should never be used. If the tincture of opium be chosen for the purpose, not more than one fourth

of a drop ought to be given for the first dose, but it may afterwards be given and gradually enlarged. I have known a child of two weeks old to be convulsed by taking one drop at once. I will conclude this chapter by observing, that no disease can be communicated from the mother to the child through the channel of the milk.

---

## TEETHING.

CHILDREN seldom begin to cut their teeth, till they are three months old, and some not till they are much older. The symptoms are a vomiting, lax, fevers, starting fits, swelled and sore ears, and swelling of the glands or kernels of the throat and groins. The remedies are cold air, tincture of opium, and finally cutting of the gums. They should be cut lengthways in the direction of the gums, and quite through to the tooth; but if it be thought more convenient, they may be cut across.

---

## ERUPTIONS ON THE SKIN.

WHERE considerable eruptions break out upon the skin of children, in other respects quite healthy and of full habit, their nurses should live upon vegetable diet, and the child should be purged. For this purpose, nothing, perhaps, is better than calomel: a child of three months old, might take from half a grain to a grain; of six months old, from one to two grains; of nine months up to a year, from one to three grains. If the eruption be on a weakly and delicate child, let the nurse eat more rich and generous food.

## WARTS ON THE TONGUE.

WARTS on the tongue may be clipped off with a very sharp pair of scissors. Where the tongue is tied, the *frænum* or string under the tongue, may be divided with the same instrument; and it is always best to do it when the child is young. Costiveness may be prevented by the powders recommended in the case of the jaw fall, or with castor oil, manna, or the like.

---

## FALLING DOWN OF THE LOWER INTESTINES.

CHILDREN who cry much, or are long under the influence of a diarrhœa, are subject to the falling down of the rectum or strait gut; we are told of various modes for preventing it. The following perhaps is as good as any: if the gut be considerably protruded, swelled and inflamed, let it be well bathed with warm milk and water, and then let a large soft poultice of bread and milk be applied, to be exchanged for a fresh one every three or four hours till the inflammation is removed. Should the swelling and inflammation be so obstinate as not to yield to this method, let the part be well scarified, so as to evacuate the blood freely—then apply the poultice as before, and give the patient a dose of the tincture of opium; the scarifications, poultice, &c. should be repeated till the gut can be readily replaced; then having washed it well with a decoction of oak bark let it be returned and kept up by a bandage or truss, and this should be done after every stool, if the descent of the intestines should make it necessary. In the mean time a costive habit must carefully be prevented by the use of a small dose of castor oil, or some other gentle purge; take and light a pipe of tobacco and blow it into melted hog's fat, until it becomes of a

greenish colour, and it is to be rubbed while warm, on the affected part.

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### FOR THE PILES.

GET a double handful of catnip, a handful of ginseng leaves, a dozen big red onions boiled well and strained, then add a pint of fresh butter, half a pint of rusty bacon fat, a tea spoonful of brimstone, stew it down to an oil, and anoint with it.

---

### THE NATURE OF THE TWELVE SIGNS.

ARIES is hot and dry, of the nature of the fire, and governs in the head and face of man, and it is good for bleeding when the moon is in it, save in the part it governeth and ruleth.

TAURUS is evil for bleeding. Taurus is dry and cold of the nature of the earth, and governeth the neck and knot under the throat; and is evil for bleeding.

GEMINI is evil for bleeding. Gemini is hot and moist of the nature of the air, and governeth the shoulders, the arms and hands; and is evil for bleeding.

CANCER is indifferent for bleeding. Cancer is cold and moist, of the nature of the water and governeth the breast, the stomach, and the melt; and is indifferent for bleeding.

LEO is evil for bleeding. Leo is hot and dry, and of the nature of fire, and governeth the back and sides; and is evil for bleeding.

VIRGO is indifferent for bleeding. Virgo is cold and dry of the nature of the earth, and governeth the womb and inward parts; and is neither good nor evil for bleeding, but between both.

**LIBRA** is right good for bleeding. Libra is hot and moist, of the nature of the air, and governeth the navel, the reins, and the lower parts of the womb; and is very good for bleeding.

**SCORPIO** is indifferent for bleeding. Scorpio is cold and moist, of the nature of the water, and governeth the members of man; and is neither good nor bad for bleeding, but between both.

**SAGITTARIUS** is good for bleeding. Sagittarius is hot and dry of the nature of fire, and governeth the thighs; and is good for blood letting.

**CAPRICORNUS** is evil for bleeding. Capricornus is cold and dry, of the nature of the earth, and governeth the knees, and is evil for bleeding.

**AQUARIUS** is indifferent for bleeding. Aquarius is hot and moist, of the nature of the air, and governeth the legs; and is neither good nor ill for bleeding.

**PISCES** is indifferent for bleeding. Pisces is cold and moist, of the nature of water and governeth the feet; and is neither good nor ill for letting blood.

No man ought to make incisions, nor touch with iron, the members governed by any sign the day that the moon is in it, for fear of the great effusion of blood that may happen. Nor when the sun is in it, for fear of the great danger and peril that might follow therefrom.



## POETICAL.

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### THE OLD MAN'S COMPLAINT.

My prime is past, my nerves decay,  
 My spirit's fled, my head's grown gray,  
 My blood's dried up, my body's cold,  
 My lips are blue, which pales my cheek—  
 My teeth are gone, I scarce can eat.  
 My legs are shrunk; lame are my feet;  
 My youthful sins now make me sigh  
 And sob when I should sleep.  
 Pity the sorrows of a poor old man,  
 Whose trembling limbs led him to your door;  
 Whose days are dwindled to the shortest span,  
 Oh! give relief and heaven shall bless your store.  
 'Ten times ten years old, not fully told,  
 Since nature gave me breath,  
 My race is run, my thread is spun,  
 Lo! here is fatal death.  
 "All men must die, and so must I;  
 'This cannot be revok'd:"  
 For Adam's sake, those words God spake,  
 When he so high provok'd.  
 Yet live I shall, this life's but small,  
 In place of higher bliss—  
 When I can have all I can crave,  
 What life is like to this!  
 Oh! what is life but care and strife,  
 Since first we came from womb;  
 Our time doth haste, our strength doth waste,  
 And we shall go to tomb.  
 Oh! bubble blast how long can last,  
 That always art a breaking?  
 No sooner blown, but dead and gone,  
 Just as the words are speaking.

## A SPEECH IN A PARABLE BETWEEN FLESH AND SPIRIT.

WHERE once I stood  
Close by the banks of lureum flood,  
I heard two sisters reason on  
Things that wast past, and things to come.  
One flesh was cold, who had her eye,  
On worldly wealth and vanity—  
The other spirit did her rear,  
Her thoughts unto a higher sphere.  
“Sister, (quoth flesh,) what liveth thou on?  
Nothing but meditation satisfy?  
Nothing without reality?  
Dost dream of things beyond the moon?  
And doth thou hope to dwell there soon?  
Hath treasure there laid up in store?  
From one father we are not,  
Tho’ by old Adam was beg t,”  
Thou speaketh to me fair,  
But hates me sore;  
The flatterer turns,  
I’ll trust no more.

---

## A PARABLE ON THE INDUSTRIOUS MAN AND LAZY MAN.

THE ant, the prudent, painful train,  
Brought forth and dried her heap of grain;  
A grass-hopper, half starv’d went by,  
And begg’d her charity.  
‘To whom the poor ant reply’d:  
“In harvest how your time employ’d?”  
“I sing the insect, seize the play,  
“To make the laborer pleasant, gay.”  
“O, (cry’d the ant,) how just the chance,  
As you have sung, you now may dance;

In vain you here for food apply,  
I'll feed no idle folks, not I."

---

EACH creature is link'd to that below it;  
All nature, if observ'd, will shew it,  
And upwards still our search will prove,  
Each link'd again to that above.  
Heaven, when it had created man,  
Unfinish'd saw creation's plan;  
Nor would the links together meet,  
Until woman did the chain complete.



## GLOSSARY.

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### EXPLANATION OF SOME WORDS FOR THE HELP OF COMMON READERS.

There are many authors that set out books, and when they are purchased by the poor, there are but few who can get benefit by them without going to a doctor. And for the benefit of this book, and others, I shall explain a few of the most useful words.

*Abortion.*—An untimely birth, a miscarriage.

*Corroding.*—Eating away.

*Costiveness.*—Being bound in the body.

*Debilitate.*—To weaken, to make faint.

*Depletion.*—The act of emptying.

*Diaphoretic.*—That which causes sweating.

*Diarrhœa.*—A lax, or looseness of the bowels.

*Dilute.*—To make thin, as water.

*Dilution.*—The act of making thin.

*Distorted.*—Out of shape.

*Effervesce.*—The act of boiling like beer.

*Emaciated.*—Made lean.

*Equivalent.*—Equal in value.

*Exhausted.*—Drawn out, spent.

*Gestation.*—The act of carrying a child in the womb.

*Hemorrhage.*—A flux of blood which is unnatural.

*Hymen.*—The virginal membrane.

*Imperforated.*—Not pierced through, without a hole.

*Indigestion*.—A disease in which the food lies heavy and uncharged upon the stomach.

*Incontinence*.—Inability to restrain or withhold.

*Indication*.—A mark or sign by which to be known.

*Insinuate*.—To introduce gently.

*Interposition*.—Putting in by way of interruption.

*Irretrievable*.—Not to be repaired.

*Laceration*.—The act of tearing or butchery.

*Manuel*.—Performed by the hand.

*Membrane*.—A thin covering of the flesh.

*Menstrual*.—To discharge the menses.

*Menstruation*.—The act of discharging the menses.

*Mucus*.—A slime.

*Mucous*.—Slimy.

*Nausea*.—Squeamishness, sickness at the stomach.

*Parturition*.—The act of bringing forth.

*Periodical*.—Occuring at stated times.

*Premature*.—Too hasty.

*Pressure*.—The act of bearing upon, or squeezing.

*Saturation*.—The act of filling till no more can be received.

*Suffocation*.—The act of choaking.

*Suppression*.—The act of stopping.

*Suspend*.—To stop for a time.



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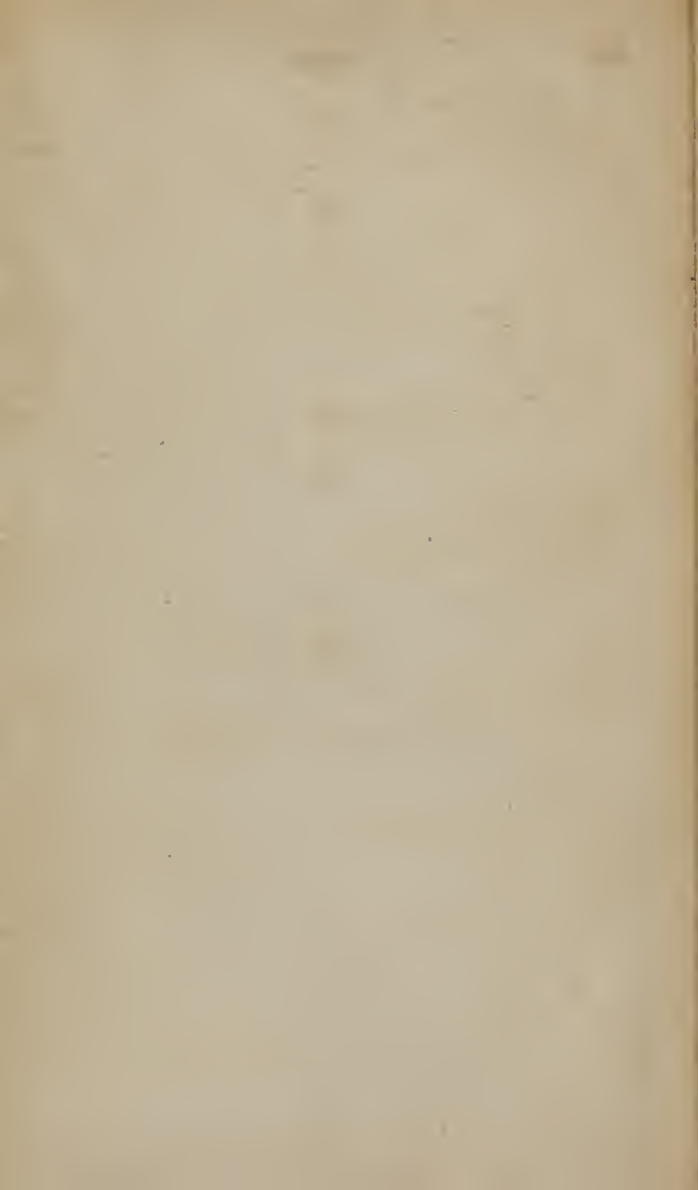
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